



City of
Rockville
Get Into It

Recreation Guide

Department of Recreation & Parks
Fall 2013

**Look inside for
Preschool through
Senior Programs**

**Resident
Registration
begins August 16**

**Looking for student
musicians!**

See page 70 for auditions

www.rockvillemd.gov/recreation • 240-314-8620





Nature Tots
PAGE 20



Twinbrook After School Club
PAGE 12



Floaters Swim
PAGE 62



ROCKVILLE IS REGISTERED AS A "LET'S MOVE!" CITY

This campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation.

Programs encouraging healthy living for children are designated in this guide with a Let's Move! logo.

Go to www.letsmove.gov for more information.

WHAT'S INSIDE Choose Your Fun!

PRESCHOOL.....	4-9
CHILDREN.....	10-18
CROYDON CREEK NATURE CENTER.....	19-20
TEENS.....	21-23
FAMILY TRIPS.....	25-26
ADULTS.....	27-36
SENIORS.....	40-59
AQUATICS.....	60-68
CULTURAL ARTS.....	68-72

SPECIAL EVENTS AND GENERAL INFORMATION

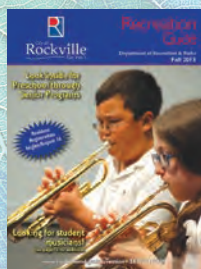
10K/5K Run	24
Antique and Classic Car Show	39
Croydon Creep	20
Emergency/Weather Policy	76
Farmer's Market	39
Financial Assistance	73

KEY:

Fee = Rockville resident/nonresident



= Healthy programs for youth



BEHIND THE COVER

These trumpeters are part of the Rockville Regional Youth Orchestra along with string, wind and other brass players who play their hearts out! The RRYO is made up of music students, from grades 4-9, who perform twice a year at the F. Scott Fitzgerald Theatre under the direction of Bryan Seith. See page 24.

PHOTO BY: JULIE FARRELL, Arts Program Supervisor

IN THE NEXT ISSUE...

In the spirit of warmth and giving, Rockville will launch its **7th Annual "Warm Coats and Warm Hearts Drive"** sponsored by Lincoln Park. There will be drop off locations around the City for your new and gently used coats from January 2-13.



Warm Coats and Warm Hearts Drive

The **15th Annual Bridal Expo** will follow on the last Sunday of January at beautiful Glenview Mansion. The afternoon is a showcase of all the elements that go together to make an unforgettable wedding.



Bridal Expo

Start a family tradition for the new year by attending the **12th Annual Heart-to-Heart Family Valentine's Dance** held on Friday, February 14th at Twinbrook Community Recreation Center. Enjoy making crafts and playing carnival games in addition to dancing as a DJ spins musical favorites.



There is something for everyone this winter season in Rockville.
Enjoy!



Sr. Bocce Ball Club
PAGE 58



Strummin' for the Youngins'
PAGE 12

Fitness Fun Expo.....	26
Frequently Used Parks/Facilities	74
Glenview Holiday Open House.....	70
Haunted Happenings.....	9
International Walk to School Day.....	14
Parties and Rentals	7
RedGate Golf Course.....	37
Registration Information and Form	77-79
Recreation and Parks Foundation	75
Sister City Fall Events.....	37, 38
SK8Park.....	23
Uncorked Wine & Music Festival..	Back Cover



Use your smart phone for quick access to our website.

Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.



Arts, Dance and Enrichment

Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class. 8 classes

Age: 4-6
44123 Sa 9/28-11/23 10:30-11:15 AM \$89/\$95
Thomas Farm CC/CARE Actor Staff

Amigos Play (Adult/Child)



Learn and/or practice Spanish alongside your child through fun songs, stories, movement and age appropriate interactive language activities. Rosi, the loveable llama class mascot, brings the language alive as we play with colors, shapes and insects! All levels of fluency are welcome. Siblings under 10 months of age may attend for free. Note: \$80 fee for siblings of enrollment age. Adult participation required. 6 classes

Age: 1 month -5 years
44517 F 9/20-10/25 9:30-10:15 AM \$125/\$135
44518 F 9/20-10/25 10:30-11:15 AM \$125/\$135
Twinbrook CRC/Correa

Little Stars!



Introduce your little ones to the wonderful world of arts education in this theater class that does it all. These young minds will explore their creativity and imaginations through music, movement, story time, acting games and art. Each week they will have a mini-art project to take home that relates to our class theme. Note: \$20 materials fee payable at first class. 8 classes

Age: 2-3
44193 Sa 9/28-11/23 9:30-10:15 AM \$89/\$95
Thomas Farm CC/CARE Actor Staff

Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two CDs, illustrated songbook and education materials. Cost of materials is non-refundable. Sibling fee is \$110. Siblings 8 months and younger attend free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required. 10 classes

Age: 1 month -5 years
44152 W 9/18-11/20 9:30-10:15 AM \$175/\$195
44153 W 9/18-11/20 10:30-11:15 AM \$175/\$195
44154 W 9/18-11/20 11:30 AM-12:15 PM \$175/\$195
Thomas Farm CC/Goodwin
44155 Th 9/19-11/21 9:30-10:15 AM \$175/\$195
44156 Th 9/19-11/21 10:30-11:15 AM \$175/\$195
Elwood Smith RC/Winkler
44157 F 9/20-11/22 10-10:45 AM \$175/\$195
44158 F 9/20-11/22 11-11:45 AM \$175/\$195
Kicks Karate/Winkler

"I loved the music class. My son and I had so much fun learning music together."

Music Together Parent

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center. 8-9 classes

Age: 3
44168 Sa 9/21-11/16 11-11:30 AM \$49/\$55
Thomas Farm CC/Kwong

Age: 3-4
44162 Sa 9/21-11/9 10-10:45 AM \$80/\$89
Twinbrook CRC/Simpson

Age: 3-4
44165 Sa 9/21-11/16 10-10:45 AM \$80/\$89
Rockcrest BC/Chongpinitchai

Age: 3-4
44167 Sa 9/21-11/16 9-9:45 AM \$80/\$89
Rockcrest Ballet Ctr./Chongpinitchai

Age: 4-5
44163 Sa 9/21-11/9 11-11:45 AM \$80/\$89
Twinbrook CRC/Simpson

Age: 4-5
44164 Sa 9/21-11/23 9-9:45 AM \$89/\$99
Thomas Farm CC/Baker

**Pre-Ballet Dansez Dansez!**

Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers are required. 8 classes

Age: 2-3
44170 Th 9/19-11/7 4-4:30 PM \$90/\$105

Age: 4-6
44171 Th 9/19-11/7 4:30-5:15 PM \$90/\$105
Thomas Farm CC/Philippe

Preschool

Time for Toddlers

Monday Morning Moms

Toddler Fun!

Mondays, 10 a.m.-Noon
Twinbrook Community Recreation Center
240-314-8830



Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Halloween Celebration, Oct. 29
Winter Wonderland, Dec. 17
Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays
10 a.m.-Noon
Lincoln Park
Community
Center
240-314-8780



Nature Tots

Alternate Thursdays, 10-11:30 a.m.
One Saturday/month in winter.
(Advanced registration required)
Croydon Creek Nature Center
240-314-8770

Preschool

Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: \$24 material fee is payable to instructor at first class. Bring a smock. Adult participation required. 6 classes

Age: 2-6

44173	Th	10/3-11/7	10:15-11 AM	\$55/\$60
44174	Th	10/3-11/7	11:15 AM-12 PM	\$55/\$60

Thomas Farm CC/Dion

Child Care

Professional, caring staff with years of experience provide a safe nurturing environment for your child.

Montrose Discovery Preschool

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts, and outdoor time in this year-round licensed program. Experienced staff have developed programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained. An Open House for registered students will be held Friday, August 23, 5:30-6:30 p.m. The programs run August 26, 2013 - June 6, 2014 with registration ongoing. Visit our website at www.rockvillemd.gov/recreation/preschool for a registration form. Call 240-314-8631 to schedule a tour. Vouchers are accepted and additional financial support is available. Note: Amounts below indicate the monthly fee.

Age: 3-5

44312	M-F	8/26-6/6	8 AM-6 PM	\$825/\$929
44313	M-F	8/26-6/6	9 AM-12:30 PM	\$525/\$609

Montrose CC



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Birds @ The Little Gym (Adult/Child)



Trained instructors combine their expertise in motor skill development with music and group activities to encourage problem solving and risk taking and to establish a sense of independence. Appropriate for both walkers and non-walkers. 9 classes

Age: 10-19 months

44201	W	9/18-11/13	12-12:45 PM	\$99/\$110
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The Little Gym/Staff

Bugs @ The Little Gym (Adult/Child)



Enjoy music, bonding and fun activities with your child. Explore ways to reinforce positive physical, social and emotional development. Designed for infants, this class will help your child manipulate their body to build confidence and core motor skills. Caregivers welcome. 9 classes

Age: 4-10 months

44204	M	9/16-11/11	11:45 AM-12:30 PM	\$99/\$110
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The Little Gym/Staff

Funfit Tots (Adult/Child)



This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. 8 classes

Age: 1-2

44222	F	9/20-11/8	10:15-11 AM	\$88/\$99
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Age: 2-3

44223	F	9/20-11/8	11-11:45 AM	\$88/\$99
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Thomas Farm CC/Funfit Staff



**For holidays and
"No Class Dates"**

Check with instructor or see

<http://rockenroll.rockvillemd.gov>

Enter course # to view course details.

Party Time!

Theme Parties

Croydon Creek Nature Center

\$180/\$204 - 10 participants
\$10 each additional child; Max 25
Ages 3 and older
www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

(Through Oct. 15)

Thomas Farm Community Center

Fallsgrove Park Gazebo
www.rockvillemd.gov/thomasfarm
240-314-8840

Isreal Park at Lincoln Park Community Center

Field behind Community Center
www.rockvillemd.gov/lpcc
240-314-8780

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Social Hall

www.rockvillemd.gov/glenview
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Preschool

Hip Hoppers @ The Little Gym



Hip, hop and tumble on a variety of gym equipment as you learn coordination and rhythm movements. The fun never stops as you make new friends and build confidence.

9 classes

Age: 4-6

44519 M 9/16-11/11 4:30-5:30 PM \$88/\$99
The Little Gym/Staff



Little Ninjas (Adult/Child)



This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. 8 classes

Age: 3-4

44234 F 9/20-11/8 5-5:45 PM \$63/\$72
Thomas Farm CC/Thompson

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. 10 classes

Age: 3-4

44281 M & W 9/16-10/16 6-6:30 PM \$89/\$105
44282 Tu & Th 9/17-10/17 4:30-5 PM \$89/\$105
Kicks Karate/Karate Staff

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Shorty Sports



Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop skills in throwing, catching, kicking and batting through sports such as soccer, T-ball and basketball. Wear sneakers. 6 classes

Age: 4-6

44243 Th 9/12-10/17 5:10-6 PM \$62/\$72
44244 Th 9/12-10/17 6:10-7 PM \$62/\$72

King Farm Park/Jensen

Tennis for Toddlers (Adult/Child)



Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required. 6 classes

Age: 4

44957 Sa 9/21-10/26 3-3:45 PM \$69/\$79
44273 Su 9/22-10/27 3:30-4:15 PM \$69/\$79

King Farm Park/Z. Yargici

Age: 5

44958 Sa 9/21-10/26 4-4:45 PM \$69/\$79
44274 Su 9/22-10/27 4:15-5 PM \$69/\$79

King Farm Park/Z. Yargici

Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized. 8 classes

Age: 4-5

44283 Sa 9/21-11/9 9-9:45 AM \$59/\$69
Twinbrook CRC/Knight

44284 Sa 9/21-11/16 10:15-11 AM \$59/\$69
Thomas Farm CC/Bryan

Preschool



UK Elite Petite Soccer (Adult/Child)

Parents and toddlers will enjoy an afternoon together learning the game of soccer. Fundamentals will be taught to help participants improve their gross motor skills, coordination and social skills which will make the sport more enjoyable for youngsters and allow parents to assist with the learning process. Adult participation required. 6 classes

Age: 2-3

44290	W	9/18-10/23	4-5 PM	\$95/\$105
44291	W	9/18-10/23	5-6 PM	\$95/\$105

King Farm Park/Staff

UK Elite Petite Soccer

This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. 6 classes

Age: 3-5

44288	W	9/18-10/23	4-5 PM	\$95/\$105
44289	W	9/18-10/23	5-6 PM	\$95/\$105

King Farm Park/Staff

Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility training through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports will change each season. Adult participation required. 8 classes

Age: 2-5

44294	Su	9/15-11/3	10:15-11 AM	\$75/\$85
44295	Su	9/15-11/3	11-11:45 AM	\$75/\$85

Thomas Farm CC/Wilson

HAUNTED HAPPENINGS

Monster Mash Family Dance

Twinbrook Com. Recreation Center

Friday, Oct. 25, 7-9 p.m.

All ages. Cost is \$3 per person at the door. Come in costume. Pumpkin decorating, Halloween crafts and DJ. Refreshments sold by Twinbrook ES.

Howl-O-Ween Bash

Lincoln Park Com. Recreation Center

Saturday, Oct. 26, 7-9 p.m.

All ages. Cost is \$3 per person at the door. Music, pumpkin decorating, crafts and more and fun activities. Costume contest.

Croydon Creep

Croydon Creek Nature Center

Friday, Oct. 18, 6-8 p.m.

All ages. Cost is \$2 per person at the door. Children under 2 free. Come in costume. Magic show, spooky nature hike, give-aways and crafts.

Halloween Haunt

Thomas Farm
Community Center

Saturday, Oct. 26

2-4 p.m.

All ages.

Cost is \$3 per person at the door. Come in costume. Strolling magician, games and crafts, pumpkin painting, petting zoo, moon bounce and more.



Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. To receive a discount register by mail, fax or walk-in. See Teen Section for more classes. 9-11 classes

Young Beginner - Age: 5-7

44136 Sa 9/21-11/23 11 AM-12 PM \$89/\$99
Rockcrest Ballet Ctr./Chongpinitchai

Young Beginner - Age: 5-7

44138 Tu 9/24-11/26 5:15-6:15 PM \$89/\$99
Twinbrook CRC/Chongpinitchai

Young Beginner - Age: 6-7

44137 Sa 9/21-11/23 10-11 AM \$89/\$99
Thomas Farm CC/Baker

Beginner - Age: 5-13

44133 F 9/27-12/13 3:45-4:45 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan

Beginner - Age: 6-12

44139 Sa 9/21-11/23 12:15-1:15 PM \$89/\$99
Rockcrest Ballet Ctr./Chongpinitchai

Beginner Plus - Age: 6-12

44135 F 9/27-12/13 5:45-6:45 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan



Intermediate I - Age: 7+

44127 M 9/23-12/9 4:45-5:45 PM \$89/\$99
Rockcrest Ballet Ctr./Mangan

Intermediate I & II - Age: 7+

44130 W 9/25-12/11 3:45-4:45 PM \$109/\$119
Rockcrest Ballet Ctr./Mangan

Intermediate II & III - Age: 7+

44128 Tu 9/24-12/10 4:15-5:15 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan

Intermediate III & IV - Age: 7+

44131 W 9/25-12/11 4:45-5:45 PM \$109/\$119
Rockcrest Ballet Ctr./Mangan

Intermediate III & IV - Age: 10-14

44134 F 9/27-12/13 4:45-5:45 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan

Advanced Ballet & Pointe - Age: 12+

44129 Tu 9/24-12/10 5:15-6:15 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan

Advanced Young Teens & Pointe - Age: 12+

44132 Th 9/26-12/12 5:15-6:15 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan



Cartooning

Explore the art of cartooning while creating your own cartoon panels. Students will be encouraged to stretch their drawing muscles while expanding on cartoon concepts. Note: \$10 material fee is payable to instructor at first class. 8 classes



Age: 7-12

44144 Th 9/19-11/7 6:45-8 PM \$99/\$109

Thomas Farm CC/Mason

Gingerbread House (Adult/Child)

Build your own gingerbread house for the holidays. Get creative and learn the tricks of the trade including how to make a chimney out of Snickers. Fee includes one house and decorating supplies. Adult participation required.

Age: 2+

44495 Sa 12/7 10 AM-1 PM \$40/\$45

Thomas Farm CC

BALLET OPEN HOUSE

Sunday, Nov. 19

Noon-4 p.m.

Rockcrest Ballet Center
1331 Broadwood Drive
Rockville, MD 20851



- Noon-1 p.m. - Young Children's Demo
 - 1-4 p.m. - Watch Nutcracker Rehearsal
- Check out the Center and watch class demonstrations.

For more information, call 240-314-8620



Children

Gingerbread Haunted House

New

Build your own haunted house for Halloween. Get creative and learn the tricks of the trade including how to make a very ghoulish creation. Fee includes one house and all the spooky decorating supplies. Working conditions will include plenty of cookies and hot apple cider.

Age: 5+

44497 Sa 10/12 1-4 PM \$40/\$45

Thomas Farm CC

Hip-Hop Dance

LET'S MOVE!

This class incorporates basic hip-hop choreography with a low-impact cardio workout with easy-to-learn steps to the latest music. 6 classes

Age: 5-8

44520 W 9/18-10/23 5:15-6 PM \$69/\$75

44521 W 10/30-12/11 5:15-6 PM \$69/\$75

Thomas Farm CC/Dansez Dansez! Staff

Late Night Super-Sized

New

Enjoy a night out with friends. Have a blast jumping on an over-sized moonbounce and challenging friends to a game of giant Jenga and KerPlunk. Music and crafts are included, as well as refreshments for sale. Space is limited. Pre-registration is required. Note: Fee at the door is \$10 for residents; \$15 for nonresidents.

Grade: 3-6

44508 F 12/13 7-10 PM \$7/\$10

Thomas Farm CC

Middle Eastern and Polynesian Dance

LET'S MOVE! **New**

This introduction to belly dance and Hula/Tahitian dance will provide a surprising muscle work out. Tone your legs, arms and core muscles, while learning the basic moves of dance styles from these exotic lands. Class will be half belly dance and half Polynesian styles. Bring socks and a shawl wrap. 8 classes

Age: 8-12

43993 Th 9/26-11/21 6:30-7:25 PM \$79/\$89

Twinbrook CRC Annex/DeLuca

Children

Pajama Jam and Movie Night

Find your comfy pj's and sleeping bag and join us for a movie on the big screen. Bring your friends and family too. Popcorn and other refreshments will be sold.

Grade: 1-5

44867 F 9/6 7-9 PM \$3/\$5
Lincoln Park CC

Strummin' for the Youngins'

Enjoy eight weeks of guitar glory! Learn guitar basics in weeks one and two, simple folk songs in weeks three and four, bar chords in weeks five and six and write your own song in weeks seven and eight. Bring a fully-tuned acoustic guitar. 8 classes

Age: 8-11

44995 Sa 9/7 1-1:50 PM Free Demo
44172 Sa 9/21-11/16 1-1:50 PM \$99/\$115
Thomas Farm CC/Flaherty

Before and After School Enrichment

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school days. Note: \$10 optional daily drop-in fee available.

Age: 5-11

43986 M-F 8/26-10/4 7-9 AM \$115/\$125
43987 M-F 10/7-11/15 7-9 AM \$115/\$125
43988 M-F 11/18-12/20 7-9 AM \$115/\$125
Twinbrook CRC Annex/Staff

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

43981 M-F 8/26-10/4 3-6:30 PM \$139/\$159
43982 M-F 10/7-11/15 3-6:30 PM \$139/\$159
43983 M-F 11/18-12/20 3-6:30 PM \$139/\$159
Twinbrook CRC Annex/Staff

Clubhouse

This drop-in, after school program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local schools are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. Clubhouse is not held on MCPS non-school days but is open on early release days. Note: All children must be picked up by 6:30 p.m.

Grade: K-5

43475 M-F 8/26-10/4 3:30-6:30 PM \$85/\$125
43476 M-F 10/7-11/15 3:30-6:30 PM \$85/\$125
43477 M-F 11/18-12/20 3:30-6:30 PM \$85/\$125
Lincoln Park CC/Chase

School's Out!

Looking for something fun to do when school is out? Wear play clothes and tennis shoes, bring lunch and a drink. Participate in crafts, organized games and other fun activities.

Age: 5-11

44435 F 10/18 9 AM-5 PM \$25/\$29
44436 F 11/1 9 AM-5 PM \$25/\$29
Twinbrook CRC Annex

Twinbrook After School Club

Join us after school for activities that focus on recreation, arts and crafts, fitness and fun. Homework help is included and a snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents.

Grade: K-5

43470 M-F 8/26-10/4 3:30-6:30 PM \$139/\$159
43471 M-F 10/7-11/15 3:30-6:30 PM \$139/\$159
43472 M-F 11/18-12/20 3:30-6:30 PM \$139/\$159
Twinbrook ES



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Children

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Judo



Discover this Japanese martial art which teaches self-control, manners, balance and coordination. It's a fun way to learn a new activity and get moving. 6 classes

Age: 5-7
44979 Th 9/26-11/7 5-5:50 PM \$47/\$55
Pump House CC/Hocde

Karate - Tang Soo Do Youth



Give your child the gift of confidence. This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform. 10 classes

Little Ninjas

Age: 5-7
44226 M & W 9/16-10/16 4-4:40 PM \$89/\$105
44227 Tu & Th 9/17-10/17 5:55-6:35 PM \$89/\$105

Youth

Age: 8-12
44228 M & W 9/16-10/16 (M) 3:45-4:30 PM \$99/\$115
(W) 4:30-5:15 PM
44229 Tu & Th 9/17-10/17 6:15-7 PM \$99/\$115
Kicks Karate/Staff

Kung Fu for Kids



This martial art is a great tool for channeling energy and developing positive growth and focus. It will also increase physical fitness, flexibility, stamina, coordination and self-discipline. 8 classes

Age: 5-10
44490 M 10/7-12/2 6:15-7:15 PM \$63/\$72
Rockville Sr. Ctr./Thompson

Bring It On



Children will learn simple, basic cheers and several basic dance routines. Participants should wear comfortable clothing.

Grade: 1-4
44983 Sa 10/12-11/30 11AM-12PM \$45/\$59
Lincoln Park CC/TBA

Mini Cheer



Basic beginning cheerleading skills will include motions, formations, chants and cheers with simple stunts and dance. Skills build self-esteem, coordination and team work. 7-8 classes

Age: 6-10
44236 W 9/18-11/6 4:15-5 PM \$59/\$69
Thomas Farm CC/Zagami

44237 Th 9/19-11/7 4:30-5:30 PM \$59/\$69
Twinbrook CRC/Zagami

PE for Homeschoolers



Aimed at helping parents meet the physical education requirements for their home schooled children, this class will focus on creating a healthy lifestyle. The basic fundamentals of different sports and physical activities will be taught with an emphasis on participation, fun and skill development.

Age: 5-15
44927 M 9/9-10/21 1:30-2:30 PM \$56/\$65
44928 W 9/4-10/23 1:30-2:30 PM \$64/\$76
44929 F 9/6-10/25 1:30-2:30 PM \$64/\$76
44930 M 10/28-12/16 1:30-2:30 PM \$56/\$65
44931 W 10/30-12/18 1:30-2:30 PM \$64/\$76
44932 F 11/1-12/20 1:30-2:30 PM \$56/\$65
Rockville Swim and Fitness Center/Yeatman/Maguire

Pre-Teen Fitness



This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training.

Age: 7-12
44915 F 9/6-10/25 6:30-7:30 PM \$80/\$92
44916 F 11/1-12/20 6:30-7:30 PM \$70/\$81
Rockville Swim and Fitness Center/Owen

Yoga For Kids



Learn the joys of yoga through fun exercises and games and make yoga a part of a healthy lifestyle. 5-6 classes

Age: 7-10
44179 M 9/23-10/28 4-4:45 PM \$59/\$65
44180 M 11/18-12/16 4-4:45 PM \$49/\$55
Thomas Farm CC/Zook

Children

Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

44925 Sa 9/7-10/19 10-10:45 AM \$56/\$66

44926 Sa 10/26-12/14 10-10:45 AM \$56/\$66

Rockville Swim and Fitness Center/Sanchez-Hall

School Break Programs

Young Chefs Cooking Series

New

Looking for something for the kids to do when MCPS is closed? How about cooking? It can be creative and fun. Register for one day or for four days and receive \$3 off for each day. Children will learn how to prepare snacks, be introduced to good table manners and nutrition. Games and crafts will also be included. Children should bring a lunch. Note: Fee includes an apron.

Grade: 1-5

44501 F 10/18 9 AM-3 PM \$40/\$45

44504 F 11/1 9 AM-3PM \$40/\$45

44505 F 12/27 9 AM-3 PM \$40/\$45

44506 M 12/30 9 AM-3 PM \$40/\$45

Thomas Farm CC



SCHOOL

Wednesday, Oct. 9

Gather your friends, organize your neighbors and walk or bike to school!

See your school office for more information.

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Basketball Skills - Co-Ed



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations. 8 classes

Age: 6-7

44200 Sa 9/21-11/9 10-10:50 AM \$63/\$74

Twinbrook CRC/Knight

Age: 9-11

44198 Th 9/12-11/7 4-4:50 PM \$63/\$74

Thomas Farm CC/Jordan

Age: 12-15

44199 Th 9/12-11/7 5-5:50 PM \$63/\$74

Thomas Farm CC/Jordan

Fencing - Youth Beginner

New LET'S MOVE!

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided; however, participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 7-9

44216 Th 9/19-11/14 6-7 PM \$128/\$151

44217 Sa 9/21-11/16 11 AM-12 PM \$128/\$151

Age: 10-13

44218 Th 9/19-11/14 7:20-8:40 PM \$128/\$151

44219 Sa 9/21-11/16 12:20-1:40 PM \$128/\$151

Rockville Fencing Academy/Staff



Lacrosse for Girls



Beginner to intermediate skills, as well as offensive and defensive team strategies will be taught. Participants are divided into groups based on age/skill level and experience. Players are required to have a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). To receive a discount, register by mail, fax or walk-in. 6 classes

Grade: K-4
44232 Su 9/15-10/20 1-2:30 PM \$100/\$118

Grade: 5-8
44233 Su 9/15-10/20 1-3 PM \$125/\$139
Welsh Park/McCormick

Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome. 6 classes

Age: 5-14
44245 Tu 9/17-10/22 4-5 PM \$59/\$69
Rockville Skate Park/Verdell

Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages included. Cleats and shin guards are recommended. 6 classes

Age: 4-5
44249 Sa 9/21-10/26 9-9:50 AM \$63/\$74

Age: 6-7
44250 Sa 9/21-10/26 10-10:50 AM \$63/\$74

Age: 7-9
44251 Sa 9/21-10/26 11-11:50 AM \$63/\$74
King Farm Park/Jensen

Children

Street Hockey for Kids - Beginner



Few sports match the speed, skill and excitement of hockey. Learn new tricks or expand your skills. Shooting tips, passing, stick handling and goalie techniques along with rules, teamwork, safety and sportsmanship will be covered. We recommend wearing gloves, long sleeves and elbow pads. Equipment is provided. 6 classes

Age: 7-10
44254 W 9/18-10/23 4-4:50 PM \$63/\$74
Welsh Park/Orrell

T-Ball Skills - Beginner



Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt and water bottle. 6 classes

Age: 5-7
44257 Sa 9/21-10/26 10-10:50 AM \$63/\$74
44258 Sa 9/21-10/26 11-11:50 AM \$63/\$74
King Farm Park/Orrell

Tennis - 10 and Under



This unique program is designed to help youngsters get into the game. Success is much easier using kid-sized racquets, balls and courts. Equipment is provided. 6 classes

Age: 5-7
44259 Sa 9/21-10/26 9-9:50 AM \$69/\$79
King Farm Park/Meyer

Age: 8-10
44260 Sa 9/21-10/26 10-10:50 AM \$69/\$79
King Farm Park/Meyer

Age: 8-10
44261 Sa 9/21-10/26 4-4:50 PM \$69/\$79
Broome Park/Raaf



Children

Tennis Skills

Lessons for beginners will emphasize fundamentals that include grip, stance, a variety of strokes and rules. More advanced players will improve shot variety and strategies. Ability levels may vary and instructors will work on advancing skills for all participants. Bring a racquet. 6 classes

Age: 5-7
44275 Th 9/26-11/7 5-5:50 PM \$69/\$79
Montrose Park/Z. Yargici

Age: 5-7
44278 W 9/18-10/23 4:30-5:20 PM \$69/\$79
Broome Athletic Park/Raaf

Ages: 5-7
44280 Sa 9/21-10/26 3-3:50 PM \$69/\$79
Broome Athletic Park/Raaf

Age: 8-10
44277 Th 9/26-11/7 6-6:50 PM \$69/\$79
Montrose Park/Z. Yargici

Age: 11-15
44276 Sa 9/21-10/26 11-11:50 AM \$69/\$79
King Farm Park/Meyer

Age: 11-15
44279 W 9/18-10/23 5:30-6:20 PM \$69/\$79
Broome Athletic Park/Raaf

UK Elite Soccer - Brazilian Theme

Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Wear shin guards. Cleats are recommended. 6 classes

Age: 7-10
44292 W 9/18-10/23 6-7 PM \$95/\$105
King Farm Park/Staff

UK Elite Soccer - Technical

Focusing on the individual, this class will teach techniques and skills. A typical hour will include games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended. 6 classes

Age: 5-6
44293 W 9/18-10/23 6-7 PM \$95/\$105
King Farm Park/Staff



Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



Basketball - Boys

This exciting winter sport provides opportunities for boys to participate and compete in an organized basketball league. Special playing rules will be in effect for all levels. Registrants, including participants from the 2013 program, are required to sign up. Participants will be contacted by a volunteer coach regarding practices and other information. Times and locations are subject to change. Register by: 10/28



Pee Wees - Age: 9-10

9/1/2003 - 12/31/2004
44321 Sa 1/4-3/8 9 AM-12 PM \$79/\$89
Broome Gym

Bantams - Age: 10-11

9/1/2002 - 12/31/2003
44322 Sa 1/4-3/8 12-5 PM \$79/\$89
Broome Gym

Midgets - Age: 11-12

9/1/2001 - 12/31/2002
44323 Sa 1/4-3/8 12-5 PM \$79/\$89
Thomas Farm CC

Juniors - Age: 12-13

9/1/2000 - 12/31/2001
44324 Su 1/5-3/9 12-4 PM \$79/\$89
Thomas Farm CC

Intermediates - Age: 13-14

9/1/1999 - 12/31/2000
44325 Su 1/5-3/9 1-4 PM \$82/\$92
Twinbrook CRC

Associates - Age: 14-15

9/1/1998 - 12/31/1999
44326 Su 1/5-3/9 4-7 PM \$82/\$92
Twinbrook CRC

Seniors - Age: 15-16

9/1/1997 - 12/31/1998
44327 Su 1/5-3/9 11:30 AM-2:30 PM \$82/\$92
Rockville HS

Children



IT'S NOT TOO LATE!

LIMITED SPOTS MAY BE AVAILABLE

REGISTER FOR A

FALL YOUTH SPORTS LEAGUE

CO-REC SOCCER (BOYS AND GIRLS)

Pre-K (age 4) through 8th Grade
Practice begins in early September
League play begins Sept. 21



CROSS COUNTRY (BOYS AND GIRLS)

1st through 8th Grade
Practice begins week of Sept. 2
Saturday morning Meets, begin Sept. 28

To register for Co-Rec Soccer or Cross Country,
visit www.rockvillemd.gov/recreation
click on **Rock Enroll**.



ROCKVILLE FOOTBALL LEAGUE (RFL)

Tackle and Flag Football • Ages 6-14

Practice begins Aug. 1
League play begins Aug. 30 and 31

To register, visit www.rfl.cc

Basketball - Girls

This exciting winter sport provides opportunities for girls to participate and compete in an organized basketball league. Special playing rules will be in effect for all levels. Registrants, including participants from the 2013 program, are required to sign up. Participants will be contacted by a volunteer coach regarding team practices and other information. Times and locations are subject to change. Register by: 10/28

Pee Wees - Age: 9-10

9/1/2003 - 12/31/2004

44328 Sa	1/4-3/8	9 AM-5 PM	\$79/\$89
Lakewood ES			

Bantams - Age: 10-11

9/1/2002 - 12/31/2003

44329 Sa	1/4-3/8	9 AM-5 PM	\$79/\$89
Lakewood ES			

Midgets - Age: 11-12

9/1/2001 - 12/31/2002

44330 Sa	1/4-3/8	9 AM-5 PM	\$79/\$89
Twinbrook CRC			

Juniors - Age: 12-13

9/1/2000 - 12/31/2001

44331 Sa	1/4-3/8	9 AM-5 PM	\$79/\$89
Twinbrook CRC			

Intermediates - Age: 13-14

9/1/1999 - 12/31/2000

44332 Sa	1/4-3/8	9 AM-5 PM	\$79/\$89
Julius West MS			

Associates - Age: 14-15

Born in 1998 - 1999

44333 Sa	1/4-3/8	9 AM-5 PM	\$82/\$92
Julius West MS			



Children

Basketball - Mighty Mites



This six week program emphasizes learning, developing basic skills and having fun. Kindergarten through first graders will play with modified court sizes and baskets at 8 feet, 6 inches. Second grade boys and second through third grade girls play with baskets modified at 8 feet, 6 inches. Baskets for third grade boys will be standard height. Time and locations are subject to change. Register by: 10/28

Co-Rec - K & 1

9/1/2006 - 8/31/2008

44318 Sa	1/4-2/8	9 AM-3 PM	\$71/\$81
College Gardens ES			

Boys - Grade 2

9/1/2005 - 8/31/2006

44315 Sa	1/4-2/8	9 AM-3 PM	\$71/\$81
Lincoln Park CC			

Girls - Grade 2 & 3

9/1/2004 - 8/31/2006

44316 Sa	1/4-2/8	9 AM-3 PM	\$71/\$81
Lincoln Park CC			

Boys - Grade 3

9/1/2004 - 8/31/2005

44317 Sa	1/4-2/8	9 AM-3 PM	\$71/\$81
Meadow Hall ES			

Wrestling



Discipline, work ethic, responsibility and perseverance are qualities needed for success in wrestling. The City is proud to sponsor a youth wrestling team to compete in the Montgomery County Wrestling League. Note: \$35 additional fee is required after the initial registration for AAU membership (paid by parents). Equipment and uniforms are provided. Practices begin the week of November 11 at Wootton HS, 6:30-8 p.m. Meets begin January 4, between Noon and 5 p.m. at Gaithersburg HS. Wrestlers, at least 6 years old by January 1, are eligible. Wrestlers 14 years old by January 1 are eligible. Register by: 10/28

Age: 6-14

44320 Sa	1/4-2/15	6-7:30 PM	\$140/\$150
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13TH ANNUAL Back-To-School Jam



Friday Aug. 16 • 6:30-9 p.m.

Lincoln Park Community Center

- \$1 per backpack with some school supplies to City of Rockville students. (limit of 4 per family)
- Information Tables
- School representatives
- DJ and Prizes
- Food, Drinks and more

Thank you to all our sponsors and volunteers.

240-314-8780 | www.rockvillemd.gov/lpcc

Back To School



Clubhouse After School

Grades: K-5 • Monday-Friday, 3:30-6:30 p.m.

Aug. 26 – Dec. 20

Lincoln Park Community Center

Early Birds

Ages: 5-11 • Monday-Friday, 7-9 a.m.

Aug. 26 – Dec. 27

Twinbrook Community Rec. Center Annex

After School Adventure

Ages: 5-11 • Monday-Friday, 3-6:30 p.m.

Aug. 26 – Dec. 18

Twinbrook Community Recreation Center

Totally Teens After School

Grades: 6-10 • Monday-Friday, 3-6:30 p.m.

Aug. 26 – Dec. 20

Thomas Farm Community Center

www.rockvillemd.gov/recreation



Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Creek Clean Up



Earn SSL hours while helping to clean up our creek and trails. No advanced registration is required. Participants under age 14 must be accompanied by an adult.

All Ages
44814 Sa 10/5 9:30 AM-12 PM Free

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. Bring a blanket or lawn chairs for seating.

All Ages
Fall Night Hike and Campfire
Enjoy a twilight hike through the woods with our Naturalists. Discover the sights and sounds of the forest preserve after dark as you stroll through the woods. Bring a flashlight.



44802 Sa 9/28 7-8 PM \$5/\$6

Creepy Crawlies

What is creeping and crawling during the night at CCNC? Learn all about creatures that prowl, slither, skulk and lurk.

44803 Sa 10/26 7-8 PM \$5/\$6

Fall Folklore

Tall tales and fantastic folklore are an American tradition. Find out how the chipmunk got his stripes and hear other classic stories.

44804 Sa 11/23 6-7 PM \$5/\$6

Fall Ramble: Family Hikes



Join a Naturalist on a fall family hike through the Hayes Forest Preserve. We'll explore the changing landscape that autumn brings as we hike the moderate trails. Our trails are not stroller friendly. All participants, including adults, must register. Children under age 12 must be accompanied by an adult.

All Ages
44811 Su 10/20 1-2 PM \$3/\$5
44812 Su 11/17 1-2 PM \$3/\$5

Natural Holiday Crafts (Adult/Child)

Spend the afternoon using a variety of natural or recycled objects to make holiday crafts and ornaments. Each participant will complete at least three projects. Adult participation required for children under age 8. Register by: 11/20

Age: 3-10
44810 Su 11/24 1:30-3 PM \$12/\$14

SCOUT BADGE DAYS



WEBELOS FORESTER BADGE • Sun., Oct. 6
WEBELOS NATURALIST BADGE • Sun., Nov. 3
2-4 p.m.

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 non-residents
For additional information or to register,
call Melinda Norton at **240-314-8771**.

Nature Center



Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required.

Age: 2-5

Beavers

44794	Th	9/26	10-11:30 AM	\$8/\$10
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Camouflage

44795	Th	10/10	10-11:30 AM	\$8/\$10
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Spiders

44796	Th	10/24	10-11:30 AM	\$8/\$10
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Leaves

44797	Th	11/7	10-11:30 AM	\$8/\$10
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44798	Sa	11/9	10-11:30 AM	\$8/\$10
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Turkeys

44799	Th	11/21	10-11:30 AM	\$8/\$10
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Birds of Prey

44800	Th	12/12	10-11:30 AM	\$8/\$10
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44801	Sa	12/14	10-11:30 AM	\$8/\$10
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Saturday Story and Hike (Adult/Child)

Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

44807	Sa	9/21	10-11 AM	\$4/\$6
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44808	Sa	10/12	10-11 AM	\$4/\$6
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44809	Sa	11/16	10-11 AM	\$4/\$6
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Star Party

Join us to learn about the stars in the fall sky. Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register.

Age: 5+

44806	Sa	11/2	7-8 PM	\$6/\$8
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CROYDON CREEP

at the Nature Center
FRIDAY, OCT. 18
6-8 P.M.

- Spooky Nature Hike
- Magic Show
- Hands-On Activities and Games

*All Ages Welcome • \$2 per person at the door
 Children under two are free*

www.rockvillemd.gov/croydoncreek
240-314-8770

MEET OUR HORTICULTURE CREW!

The City of Rockville's Horticulture staff is responsible for the landscape maintenance of the formal gardens of Glenview Mansion and grounds of Rockville Civic Center Park. They also maintain 19 other parks, the grounds of City Hall and the new Police Station. They plant and maintain the flower beds around the City's buildings, parks and roadways taking pride in providing attractive landscapes that enhance and beautify Rockville creating a pleasing environment for all.



Stop and say hello the next time you see them working!

*Francisco Lemus, Walter Pocasangre, Jose Medrano
Marco Lemus, Rob Orndorff, Bob Cockrell,
Victor Salguero, Jose Ruiz*

OFFICIALS NEEDED!

Youth and Adult Leagues
Weekday Evenings and Weekends



Youth Sports Soccer and Basketball
Adult Sports Softball and Basketball

For more information, call 240-314-8620
or email us at sports@rockvillemd.gov



Teens

Arts, Dance and Enrichment

Ballet for Teens - Advanced



Students with five or more years of experience are welcome to learn advanced techniques. Students with demonstrated proficiency are encouraged to register with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, registration must be handled by mail, fax or walk-in. See adult and children ballet for more classes.
9-11 classes

Age: 13+

44140	M	9/23-12/9	5:45-7 PM	\$89/\$99
44141	W	9/25-12/11	5:45-7 PM	\$109/\$119

Rockcrest Ballet Ctr./Mangan

"Be Prepared" Workshop Series

New

Car Care and Auto Safety will be the first workshop in the new "Be Prepared" Workshop Series that will focus on making sure teens and young adults are prepared for important life events and situations. A representative from AAA organization will be sharing information and safety tips including tire changes, oil changes, etc. For more information call 240-314-8634.

Age: 15-19

Car Care and Auto Safety

44978	Th	10/10	5:30-7 PM	\$3/\$5
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TBA/AAA

Club Rockville

Club Rockville events are exclusively for students in grades 6-8 and will be held at various locations in the area throughout the year. Participants must pay in advance. Student IDs are required to enter. Note: No school for MCPS on Friday, October 18. Transportation is available for the bowling social on November 1.

Grade: 6-8

Late Night - Movie and Popcorn

44960	Th	10/17	8-10 PM	\$3/\$5
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Late Night - Dance Party

44961	F	11/15	7:30-10:30 PM	\$3/\$5
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No School Day - Bowling Social

44962	F	11/1	12-3 PM	\$5/\$7
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Transportation for Bowling Social

44981	F	11/1	12-3 PM	Free
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TBA

Teens

Late Night Archery Tag



Archery Tag is hitting the scene at TFCC! This is a high-energy and fast-paced event with foam-tipped arrows and protective gear. All equipment is provided. There will be music and crafts and refreshments will be sold. Space is limited and pre-registration is required. Note: Fee at the door is \$10 residents; \$15 nonresidents, beginning at 6:30 p.m.

Grade: 6-9

44507 F 9/20 7-10 PM \$7/\$10
Thomas Farm CC

Before and After School Enrichment

Teen Lounge



Hang out with your friends after school at our fun, safe and laid back Teen Lounge. Enjoy computers with Internet access, sports, table tennis, computer games, field trips, craft projects, enrichment clubs and, of course, homework time. Daily attendance is encouraged but not required. Transportation is provided by the City of Rockville from Wood MS and by MCPS from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-8

Fall Session - with Snack

44943 M-F 8/26-12/20 3-6:30 PM \$289/\$305

Fall Session - without Snack

44944 M-F 8/26-12/20 3-6:30 PM \$229/\$245

All Year - without Snack

44963 M-F 8/26-6/13 3-6:30 PM \$687/\$735

All Year - with Snack

44964 M-F 8/26-6/13 3-6:30 PM \$867/\$915
Twinbrook CRC

Totally Teens



An after school program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It's closed holidays or when MCPS is closed.

Grade: 5-10

43239 M-F 8/26-12/20 3-6:30 PM \$229/\$245 (w/out snack)
Thomas Farm CC/Staff \$289/\$305 (w/snack)

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Pilates - Teens/Adults



Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

44933 F 9/6-10/25 5:30-6:15 PM \$98/\$113

44934 F 11/1-12/20 5:30-6:15 PM \$86/\$99

Rockville Swim and Fitness Center/TBA

Teen Fit



This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Teens will increase their overall fitness or use the sessions to support their sport-specific training. Class is taught by a certified personal trainer.

Age: 13-18

44923 Su 9/8-10/20 1:10-2 PM \$70/\$81

44924 Su 10/27-12/15 1:10-2 PM \$70/\$81

Rockville Swim and Fitness Center/Yeatman

WAITING LIST ...

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the waiting list to fill the class.



Teens

Teens on the Move



This annual health, fitness and nutrition education membership program gives students in grades 6-12 the opportunity to get moving by participating in weekly health, fitness and nutrition activities and workshops. After school and evening fitness classes such as Zumba, circuit training, S.A.Q. training, strength and conditioning, cardio, yoga, boxing and more will be led by certified personal trainers. Programs will be held at Elwood Smith RC, Twinbrook CRC and Lincoln Park CC throughout the 2013-14 school year. Membership will also give students access to special events such as nutrition, wellness and cooking workshops. Note: Nominal fee charged for some activities. Health and fitness programs will be individualized based on goals. Call the Teen Programs Office for more information at 240-314-8634.

Grade: 6-12
44973 M 8/26-6/9 Times Varies \$15/\$20
TBA

Come Skate at the
Rockville

Skate Park

FREE

355 Martins Lane
(behind Swim and
Fitness Center)

featuring:

Micro Ramp
with Escalator
and Pyramid



Hours: 9 a.m. – 10 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark

Trips

Resident and nonresident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip.

Teens Fright Fest

Six Flags America's Fright Fest will be full of ghosts, goblins and ghouls! Take a ride on the fun (but sometimes scary) Haunted Hay Wagon and Midnight Express Train. The fee includes admission, transportation and supervision. Bring extra money for food. Pick-up and drop-off is from Julius West MS. Register by: 10/17

Grade: 6-10
44959 F 10/18 4:30-10:30 PM \$20/\$25
Departs: Julius West M.S.

Laser Tag and Bowling



Join us on a trip to Shadowlands for a day of live-action laser adventure and arcade games, followed by a couple of games at the Alley, the bowling alley that is. Laser Tag is an exciting, interactive game that lets you compete on teams in a high-tech environment full of futuristic fun. Bring money for lunch at CiCi's Pizza before we head to the bowling alley. The fee includes admission, shoe rental, transportation and supervision. Pick-up and drop-off is at Julius West MS and Wood MS.

Grade: 6-10
44970 F 11/1 10 AM-5 PM \$15/\$20
Departs: Julius West & Wood M.S.

twitter

RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services.

Log on and join at www.twitter.com

Teens

Friday Night Ski Club



Head to Ski Liberty every Friday night for eight weeks in the comfort of a coach bus. Relax and listen to your music or watch a movie on your way to and from the slopes. The fee includes supervision, bus transportation, mandatory helmet and the ski package you select. Detailed information will be mailed upon registration. Note: In-person or fax only registrations are accepted. Both residents and non-residents may register on August 16, beginning at 8:30 a.m. Spaces are limited and fill quickly. Pick-up and drop-off is at Robert Frost MS.

Grade: 6-12

Lift Only Package

44947 F 1/10-2/28 3-10:30 PM \$505/\$555

Lift and Lesson Package

44948 F 1/10-2/28 3-10:30 PM \$545/\$595

Lift, Lesson and Rental Package

44949 F 1/10-2/28 3-10:30 PM \$585/\$635

Departs: Robert Frost MS



AUDITION OPPORTUNITIES



LOOKING FOR STUDENT MUSICIANS!

Rockville Regional Youth Orchestra

Auditions held Sept. 17 and 18 for student musicians, grades 4-9. End of semester concerts held at the F. Scott Fitzgerald Theatre.
www.rockvillemd.gov/arts/rryo

To schedule an audition appointment,
email jfarrell@rockvillemd.gov or
call Julie at 240-314-8682.



38TH ANNUAL Rockville 10K/5K



King Farm Village Center

(start)

**Oldest Continuing Race
in Montgomery County**

Sunday, Nov. 3

8:30 a.m.



Online Registration:

www.mcrrc.org – until Noon, Oct. 31

REGISTRATION FEES:

\$33 - Online/mail-in through Oct. 31

\$35 - Packet Pick-Up, Nov. 2

\$40 - Walk-Up Race Day, Nov. 3

LATE REGISTRATION AND PACKET PICK-UP:

Sat., Nov. 2, 11 a.m. – 5 p.m.

Sun., Nov. 3, 7:30-8:15 a.m., Race Day

POTOMAC RIVER RUNNING STORE

Rockville Town Square

115 S. Gibbs Street, 301-251-1290

Reminder

Registration and payment
are **required in advance** of
attending a class.

Family New

Community Indoor Yard Sale

Check out the great bargains or sign up for a vendor's table (6ft X 3ft) to sell your treasures. Now is the time to declutter your home, make some money and have some fun doing it! Vendors must pre-register with payment to secure a space/table. Set-up time is 7 a.m.

All Ages

44865	Sa	10/5	8 AM-12 PM	\$20
44993	Extra space/table			\$20

Lincoln Park CC

Trips

Resident and nonresident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. Participants younger than age 18 must be accompanied by an adult. Note: Cancellations must be received 10 days prior to a trip in order to receive a refund (less \$10 administrative fee). If you are unsure of your abilities, need tips on how to dress or have any other questions, call 240-314-8632.

MEET

CARL PETERSON

Cycling Instructor



Longtime Rockville resident, Carl is a nationally certified cycling instructor. He works for Bike Maryland as coordinator of the Bike-Minded Safety Education Program, leading adult commuter seminars and bike safety rodeos for at-risk youth. He also serves on the Rockville Bike Advisory Committee and is a ride leader for the 1,000

member Northern Virginia Casual Bicycling Group.

Carl enjoys planning unique rides that showcase the region's extensive bike infrastructure while providing a fun and relaxed cycling experience for riders of all levels.

Bike the Western MD Rail Trail New

Enjoy a day of cycling on one of the Mid-Atlantic's most picturesque paved paths. We'll begin near Fort Frederick State Park. After a leisurely 10-mile ramble, we'll stop in Hancock for lunch and sightseeing. Afterward, we'll continue cycling west for 10 miles. Bike (in good working condition), helmet and water bottle are required. Bring money for lunch. Cost includes transportation and leadership.

Age: 14+

44418	Sa	9/21	9 AM-6 PM	\$39/\$46
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Departs: Rockville City Hall, Lower Parking Lot

Trailblazer's Triangle Bike Tour New

Join us for this expedition on some of Montgomery County's newest and most scenic paved bike paths. Starting in Olney, we'll enjoy a 20-mile ride along the ICC, Matthew Henson and Rock Creek Trails, with a stop at Lake Needwood. Afterward, we'll share tales of the trail over lunch at an eclectic sandwich shop. Route includes a few moderate hills and some brief on-road riding. Bike, helmet and water bottle are required. Bring money for lunch. Cost includes leadership. Transportation not included.

Age: 14+

44310	Sa	10/12	9:30 AM-3 PM	\$15/\$19
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Departs: Roots Shopping Plaza, 16806 Georgia Ave., Olney

Fall Ramble: Family Hikes New

Join a Naturalist on a fall hike through the Hayes Forest Preserve. We'll explore the changing landscape that autumn brings as we hike the moderate trails. Our trails are not stroller friendly. All participants, including adults, must register. Children under 12 must be accompanied by an adult.

All Ages

44811	Su	10/20	1-2 PM	\$3/\$5
44812	Su	11/17	1-2 PM	\$3/\$5

Croydon Creek Nature Center



Family




Rockville Biking Events

Tuesday Night Sept. 3, 10, 17, 24 • 6:30 p.m.
Meet at King Farm Farmstead Park
One hour neighborhood family ride.
Riders under 12 welcome, if accompanied by parent.

Ride the Rockville Bike Beltway
Sept. 15, 10 a.m. • Meet at Wootton HS
Oct. 20, 10 a.m. • Meet at Thomas Farm Com. Ctr.
Ride Carl Henn Millennium Trail.
Shared-use path - 10.6-mile loop around Rockville
Rain at start cancels a ride; wet pavement does not.

Find RBAC at:
www.rockvillemd.gov/recreation/bicycling/rbac
www.facebook.com/bikerockville

 *Take part,
Give from the heart!*

JOIN THE ROCKVILLE HOLIDAY DRIVE



Volunteer at a Holiday Drive event, or make a tax-deductible, monetary contribution used to purchase fresh food, toys and gift certificates for Rockville seniors, families and children in need.

Please make checks payable to
City of Rockville Holiday Drive Fund!

Mail to: Community Services Division
30 Courthouse Sq., Ste 100, Rockville MD 20850
240.314.8310

Thank you for your help!

GET INTO IT!



**Saturday, Sept. 7
9 a.m. – Noon**



Fitness Demos for All Ages

- Be active. Try one of our **Free Demos**.
- Yoga, Karate, Hip-Hop Cardio Fitness, Ballet, FunFit
- Demos vary at each site.

Thomas Farm Community Center
Twinbrook Community Recreation Center

www.rockvillemd.gov/recreation

Adults

Arts, Dance and Enrichment

Artisan Pizza and Flatbread

New

Learn to make delicious artisan pizza and flatbreads in a matter of minutes. Using this quick and easy recipe you can create healthy, mouth-watering creations in less time than it will take a pizza to be delivered! Taught by classically trained Chef Lynda. Note: \$12 supply fee payable to instructor at the first workshop.

Age: 18+
44967 Th 10/10 7-9 PM \$21/\$28
Rockville Sr. Ctr./Moulton

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes. 10 classes

Age: 13+
Beginner/Intermediate
44125 Th 9/26-12/12 7:45-9 PM \$99/\$110

Advanced
44126 Tu 9/24-12/10 6:30-7:45 PM \$99/\$110
44124 Th 9/26-12/12 6:30-7:45 PM \$99/\$110
Rockcrest Ballet Ctr./Mangan

MANDARIN-TURKEY SALAD

Quick and Easy Recipe

for Thanksgiving leftovers!

- ¼ cup orange juice
- 1 ½ tablespoons red wine vinegar
- 1 ½ teaspoons poppy seeds
- 1 ½ teaspoons olive oil
- dash salt and pepper, to taste
- 4 ½ cups torn romaine lettuce
- 1 ½ cups torn red leaf or radicchio lettuce
- 1 ½ cups cubed cooked turkey
- ¼ cup vertically sliced red onion
- 1 (11 oz.) can mandarin oranges, drained

Combine first 5 ingredients in a large bowl.

Add remaining ingredients; toss gently to coat.

Yield: 4 – 2 cup servings

Ballroom Dance

Even if you think you have two left feet, join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only. 8 classes

Age: 16+
Beginner
44142 W 9/25-11/13 7:30-8:25 PM \$93/\$105

Intermediate
44143 W 9/25-11/13 8:30-9:25 PM \$93/\$105
Ritchie Park ES/Mola

Belly Dance - Beginner

Students will learn the fundamentals of hip, torso and arm movements pertaining to the different styles of Belly Dance. Class includes: dance warm-up, proper belly dance posture and alignment, muscle isolation, flexibility and easy-to-follow combinations. Appropriate for beginners and those wanting a refresher class. 8 classes

Age: 16+
44791 W 9/25-11/13 6-6:50 PM \$69/\$79
Twinbrook CRC/Ford

Easy Homemade Breads

New

Learn easy, fool proof ways to make wonderful homemade breads. These quick, easy recipes guarantee you'll have warm, fresh bread for your family's meals! Note: \$12 supply fee payable to instructor at the first workshop.

Age: 18+
44966 Th 9/26 7-9 PM \$21/\$28
Rockville Sr. Ctr./Moulton

F. Scott Fitzgerald Book Club

Join scholars from the F. Scott Fitzgerald Literary Conference to discuss two of Fitzgerald's novelettes: "Winter Dreams" and "Babylon Revisited." "Winter Dreams" is one of his earlier works, written in 1922, and "Babylon Revisited" was written in 1931. Exchange views and examine aspects of both stories in the 1920s historic setting of Glenview Mansion. Refreshments will be served. See ad on page 38.

Age: 15+
44213 Tu 11/12 7-9 PM \$5/\$8
Glenview Mansion

Adults

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+
44512 Th 10/17 6:30-9 PM \$19/\$25
Rockville Sr. Ctr./TBA

Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper. 8 classes

Age: 12+
44994 Sa 9/7 12-12:50 PM Free Demo
44149 Sa 9/21-11/16 12-12:50 PM \$99/\$115
Thomas Farm CC/Flaherty

Line Dancing for All

Join in the fun and get some exercise too. All levels welcome. Start with the basics and add steps and combinations as you go. This is a non-partner, self-paced class. Soft-soled shoes required. No sneakers. 9 classes

Age: 16+
44150 M 9/16-11/25 7-8 PM \$65/\$75
Ritchie Park ES/Cunningham

Pottery - Introduction to Clay



Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Finished pieces will be glazed and fired.

Note: \$25 material fee payable to City of Rockville at first class. Cancellations must be received in writing at least 72 hours prior to class to receive a credit or refund. 8 classes

Age: 18+
44161 M 9/23-11/18 6:30-8:30 PM \$109/\$125
Pump House CC/Nicholson

Tap Dance

New

In this introduction to a Broadway style staple, students will experiment with single sounds all the way to complex combinations. Upbeat music and syncopated rhythms create an excellent light cardio workout. Each class will build on the previous to complete a simple routine. Tap shoes are required. Contact Rowena at 301-467-3535 if you have further questions. 8 classes

Age: 16+
43387 Tu 9/24-11/19 7:30-8:25 PM \$79/\$89
Twinbrook CRC/Deluca

Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will also be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+

Wines of the USA

Workshop will cover wine making history, geography and climate of at least 6 to 8 wine producing states. We will also discuss the major grapes and wine producing regions in each. Representative wines from the most significant areas will be presented for tasting and comment.

44509 Th 10/24 7:30-9:30 PM \$35/\$39

Wines of Argentina and Uruguay

Workshop will cover the wine making history, geography and climate of several regions of these two countries. We will also discuss the major grapes and wine producing regions in each. Representative wines from the most significant areas will be presented for tasting and comment.

44510 Th 12/5 7:30-9:30 PM \$35/\$39
Glenview Mansion/Cecil

Adults

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core exercises all in one class. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 12 classes

Age: 16+

44194	M	9/16-12/2	6:20-7:20 PM	\$90/\$105
Thomas Farm CC/Maguire				

44195	Sa	9/7-12/14	8:45-9:45 AM	\$90/\$105
Rockville Sr. Center/Maguire				

3-2-1 Workout

This 30-minute class combines 3 minutes of strength training, followed by 2 minutes of cardio, followed by 1 minute of core work to sculpt your body, burn fat and blast calories! Modifications offered for most exercises; suitable for all fitness levels. Bring mat and weights. 11 classes

Age: 16+

44196	Th	9/19-12/12	5:45-6:15 PM	\$55/\$64
Rockville Sr. Ctr./Maguire				

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

44871	W	9/4-10/23	12:45-1:15 PM	\$40/\$48
44921	F	9/6-10/25	12:45-1:15 PM	\$40/\$48
44875	F	9/6-10/25	7:35-8:05 PM	\$40/\$48
44870	M	9/9-10/21	12:45-1:15 PM	\$35/\$42
44874	M	9/9-10/21	7:35-8:05 PM	\$35/\$42
44872	M	10/28-12/16	12:45-1:15 PM	\$40/\$48
44876	M	10/28-12/16	7:35-8:05 PM	\$35/\$42
44873	W	10/30-12/18	12:45-1:15 PM	\$40/\$48
44922	F	11/1-12/20	12:45-1:15 PM	\$35/\$42
44877	F	11/1-12/20	7:35-8:05 PM	\$35/\$42

Rockville Swim and Fitness Center/Maguire

Core Fusion

This class is part yoga, part pilates and part functional core. Condition your body while developing long, lean muscles and increased flexibility. This fusion class will give you a full body blitz that will leave you feeling refreshed and invigorated. Both mats and stability balls may be used.

Age: 16+

44998	Tu	9/3-10/22	9:15-10 AM	\$98/\$113
44999	Th	9/5-10/24	9:15-10 AM	\$98/\$113
45000	Tu	10/29-12/17	9:15-10 AM	\$86/\$99
45001	Th	10/31-12/19	9:15-10 AM	\$86/\$99

Rockville Swim and Fitness Center/Maguire

Boot Camp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new boot camper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

44880	Tu & Th	9/3-10/24	6:30-7:30 AM	\$128/\$148
44881	Tu & Th	10/29-12/19	6:30-7:30 AM	\$112/\$130

Rockville Swim and Fitness Center/Nelson

Boot Camp - Intermediate/Advanced

This class is for the intermediate to advanced fitness enthusiast. It incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

44882	M, W & F	9/4-10/25	6:30-7:30 AM	\$184/\$213
44883	M, W & F	10/28-12/20	6:30-7:30 AM	\$184/\$213

Rockville Swim and Fitness Center/Cortes



Adults

Cardio and Strength Fusion

Spice up your current workout with a variety of cardiovascular routines, including kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training. Keep your heart rate up, increase your metabolism and target all your major muscle groups. Modifications to increase or decrease intensity will be provided. Bring mat and weights. 9 classes

Age: 16+
44205 Tu 9/17-11/19 6:30-7:15 PM \$64/\$74
Twinbrook CRC/Morales

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+
44884 M 9/9-10/21 5:45-6:30 PM \$56/\$65
44885 M 10/28-12/16 5:45-6:30 PM \$56/\$65
Rockville Swim and Fitness Center/Brandstadter

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+
44886 Th 9/5-10/24 6-7 PM \$64/\$74
44887 Th 10/31-12/19 6-7 PM \$65/\$56
Rockville Swim and Fitness Center/Winkfield

CardioFit

Get a great start on a new fit you! Burn some calories and enjoy a well-rounded workout including cardio, strength training and core work. Bring personal weights and mat. 9 classes

Age: 16+
44207 Sa 9/21-11/16 8:45-9:30 AM \$64/\$74
Twinbrook CRC/Morales

CardioFit Drop-In

New

Don't have time to commit for a long session but would like to work out when you have time? Drop in on Saturday mornings at Twinbrook CRC to get a quick fitness workout. Bring a mat and weights. Note: \$8/\$9 per day drop-in fee.

Age: 16+
44793 Sa 9/21-11/16 8:45-9:30 AM \$8/\$9
Twinbrook CRC/Morales

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and mat. 11-12 classes

Age: 15+
44209 Tu 9/17-12/10 5:30-6:15 PM \$85/\$99
44208 Th 9/19-12/12 6:30-7:30 PM \$85/\$99
44210 Sa 9/21-12/14 9-10 AM \$78/\$86
Thomas Farm CC/Ramsey

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts.

Age: 13+
44220 M & W 9/16-10/16 7-7:45 PM \$99/\$115
44221 Tu & Th 9/17-10/17 7:15-8 PM \$99/\$115
Kicks Karate/Staff



Adults

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals with this class.

Age: 16+

44889	Tu	9/3-10/22	12-12:45 PM	\$64/\$74
44891	Th	9/5-10/24	12-12:45 PM	\$64/\$74
44892	Su	9/8-10/20	9:45-10:30 AM	\$56/\$65
44894	Su	10/27-12/15	9:45-10:30 AM	\$56/\$65
44890	Tu	10/29-12/17	12-12:45 PM	\$56/\$65
44893	Th	10/31-12/19	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Owen

Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low-impact workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more. All ages and fitness levels welcome. Bring weights and a mat. 13 classes

Age: 16+

44224	M	9/9-12/2	6:30-7:30 PM	\$95/\$109
44225	W	9/11-12/4	6:30-7:30 PM	\$95/\$109

Julius West MS/Ham

Judo for Adults

Learn this exciting Japanese martial art which teaches discipline, balance and coordination. Improve self-confidence as you learn step-by-step techniques in Judo. 6 classes

Age: 16+

44980	Th	9/26-11/7	6-7 PM	\$47/\$55
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Pump House CC/Hocde

Light and Easy Conditioning

This class targets many elements of fitness. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

44896	Tu	9/3-10/22	12:45-1:15 PM	\$40/\$48
44919	Th	9/5-10/24	12:45-1:15 PM	\$40/\$48
44897	Tu	10/29-12/17	12:45-1:15 PM	\$35/\$42
44920	Th	10/31-12/19	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Owen

Masala Bhangra

New

Shake, groove and twist your way to fitness in this Indian-inspired dance class. Masala Bhangra combines spicy (masala) Bollywood dance style moves with high energy Bhangra movements to create a fun filled, easy-to-follow workout. Suitable for participants of all ages and fitness levels.

Age: 16+

44935	W	9/4-10/23	12-12:45 PM	\$64/\$76
44936	W	10/30-12/18	12-12:45 PM	\$64/\$76

Rockville Swim and Fitness Center/Pavelle

Meditation - Beginner/Continuing

Meditation is a mind-body practice which helps manage stress and anxiety, as well as relieve tension. Relax with easy stretches and guided breathing. Printed materials will be available along with time for discussion. Bring a pillow or folded blanket. 6 classes

Age: 18+

Beginner

44151	W	9/25-10/30	6-6:55 PM	\$52/\$62
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Continuing

44522	W	9/25-10/30	7-7:55 PM	\$52/\$62
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Pump House CC/Jensen

MELT

New

Learn this simple self-treatment that helps make your whole body feel better and provides relief from neck and low back pain, arthritis, bunions, plantar fasciitis and carpal tunnel syndrome. Come see how three little balls can change your life! Bring a Yoga mat. MELT balls provided and the mini kit may be purchased from the instructor for \$25.

Age: 16+

44468	Tu	10/29	7:15-8:45 PM	\$30/\$35
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Rockville Senior Ctr./Liss



Adults

Nia - Movement/Fitness

Nia is based on movements that strengthen, open, balance and heal the body, mind and spirit. All fitness levels welcome; no experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a mat. 6 classes

Age: 16+

44469 Tu 9/17-10/22 7:15-8:15 PM \$59/\$69

44470 Tu 11/12-12/17 7:15-8:15 PM \$59/\$69

Rockville Sr. Ctr./Liss

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 9 classes

Age: 16+

44159 Tu 9/24-11/26 7:30-8:25 PM \$99/\$109

Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful blend of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga combined in a flowing workout. Bring a mat. Wear comfortable clothing. 9 classes

Age: 16+

44160 Tu 9/24-11/26 6:30-7:25 PM \$99/\$109

Rockville Swim and Fitness Center/Poole

Power Half-Hour

New

Challenge your body with intervals of strength training, cardiovascular exercises and core work in this very effective and energizing mid-day workout. This class is done at your own pace with modifications offered for most exercises. Bring a mat and weights. 6 classes

Age: 16+

44527 W 9/25-10/30 12:30-1 PM \$30/\$35

Thomas Farm CC/Maguire

Are you a Senior Center member?

If so, you're eligible for a discount on adult classes.

See page 41



Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights. 11-12 classes

Age: 15+

44238 M 9/16-12/2 9:30-10:30 AM \$85/\$99

44239 Tu 9/17-12/10 6:20-7:20 PM \$85/\$99

Thomas Farm CC/Ramsey

44240 Th 9/12-11/14 6:30-7:15 PM \$78/\$90

Rockville Sr. Ctr./Morales

44241 W 9/18-12/11 9:30-10:30 AM \$85/\$99

Thomas Farm CC/Ramsey

Rockville Senior Center



FITNESS CENTER

It's the best time to be a Senior in Rockville!

Monday-Friday

7 a.m. – 7 p.m.

Saturday

7 a.m. – 3 p.m.

www.rockvillemd.gov/seniorcenter

240-314-8800

Adults

Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps provided.

Age: 16+

44899 M 9/9-10/21 6:30-7:30 PM \$56/\$65

44900 M 10/28-12/16 6:30-7:30 PM \$56/\$65

Rockville Swim and Fitness Center/TBA

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. 8 classes

Age: 18+

44256 F 9/20-11/8 10-11 AM \$61/\$69

Thomas Farm CC/Gegan

44255 Tu 9/17-11/19 7-8 PM \$61/\$69

Pump House CC/Lamb

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights. 12 classes

Age: 16+

44285 W 9/18-12/11 6:15-7:15 PM \$90/\$105

Thomas Farm CC/Maguire

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one. 8 classes

Age: 16+

44175 Tu 9/17-11/12 4:30-5:45 PM \$69/\$79

Thrive Yoga/Alter

Yoga - Gentle Beginner

A beginner class that will help you open up areas of tightness, such as hips and shoulders, and cultivate power in your legs and core. Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile.

8 classes

Age: 16+

44176 Th 9/19-11/7 6:30-7:45 PM \$69/\$79

Twinbrook CRC/Jensen

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

44901 F 9/6-10/25 9:15-10 AM \$98/\$113

44902 F 11/1-12/20 9:15-10 AM \$86/\$99

Rockville Swim and Fitness Center/Cortes

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy a gentle yoga practice while promoting increased activity for better health. Recommended props: yoga mat, block and strap.

Age: 18+

44903 W 9/4-10/23 9:15-10 AM \$98/\$113

44904 W 10/30-12/18 9:15-10 AM \$98/\$113

44905 Sa 9/7-10/19 9:15-10 AM \$86/\$99

44906 Sa 10/26-12/14 9:15-10 AM \$86/\$99

Rockville Swim and Fitness Center/Cortes

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat. 11 classes

Age: 16+

44181 Th 9/12-11/21 7:30-8:45 PM \$121/\$131

Rockville Sr. Ctr./Dodson

Adults

Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for all levels of students who seek a yoga practice without the flow of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a mat. 8 classes

Age: 16+

44182 Sa 9/21-11/9 8-9:10 AM \$69/\$79
Thrive Yoga/Garaffo

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block. 14 classes

Age: 16+

44183 M 9/9-12/16 7:30-8:45 PM \$159/\$169
Thomas Farm CC/Neves

Yoga - Holiday De-Stress (Gentle)

Enjoy this mini-session to keep you calm and focused during the holiday season. Tips and techniques for everyday activities, stretches to counter the tensions shared by most busy people and exercises to re-energize your whole system. December Thursday evenings will provide an oasis of peace and restoration. Bring a yoga mat, strap and blanket (tightly woven cotton or wool are best). 3 classes

Age: 16+

44974 Th 12/5-12/19 7:30-8:45 PM \$39/\$45
Rockville Sr. Ctr./Dodson

Yoga - Hot

Learn what all the buzz is about! Hot yoga is designed to detoxify the body and increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No yoga experience is necessary. Postures and sequences will be instructed at a beginner's pace. All students must be free from injury. 8 classes

Age: 18+

44185 Su 9/22-11/10 8-9 AM \$89/\$95
Thrive Yoga/Bowen

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 9 classes

Age: 16+

44186 W 9/18-11/13 7:30-8:25 PM \$99/\$109
Thomas Farm CC/Maguire

Yoga for Athletes

This class is designed to improve health, performance and mental acuity of athletes or individuals interested in improving their level of fitness. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

44907 M 9/9-10/21 9:15-10 AM \$86/\$99
44908 M 10/28-12/16 9:15-10 AM \$98/\$113
Rockville Swim and Fitness Center/Maguire

Yoga-lates - On the Ball

Tone, strengthen and stretch your muscles in this total body conditioning workout utilizing the stability ball. Engage in exercises that challenge both the mind and body, while increasing body awareness, balance and coordination through core stability using Yoga and Pilates. 6 classes

Age: 16+

44494 F 9/20-11/8 12-12:45 PM \$45/\$49
Thomas Farm CC/Maguire





Zumba Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Taught by a certified Zumba instructor. 8 classes

Age: 16+

44188 Tu 9/17-11/12 7:30-8:25 PM \$65/\$75
Thomas Farm CC/LeClair

44187 M 9/23-11/18 6:30-7:25 PM \$55/\$65
Lincoln Park CC/Ford

44190 Th 10/3-11/21 7:15-8:10 PM \$65/\$75
Rockville Swim and Fitness Center/Sheffield-Wright

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

44909 W 9/4-10/23 6:30-7:15 PM \$64/\$76

44910 W 10/30-12/18 6:30-7:15 PM \$64/\$76

44913 F 9/6-10/25 12-12:45 PM \$64/\$76

44914 F 11/1-12/20 12-12:45 PM \$56/\$65

Rockville Swim and Fitness Center/McCright

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

44917 M 9/9-10/21 12-12:45 PM \$56/\$65

44918 M 10/28-12/16 12-12:45 PM \$64/\$76

Rockville Swim and Fitness Center/McCright

Adults

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 14+

44214 Tu 9/17-11/12 7-8:20 PM \$128/\$151

44215 Sa 9/21-11/16 2-3:20 PM \$128/\$151

Rockville Fencing Academy/Staff

Coming this fall . . .

Co-Rec Badminton League

Doubles matches only

Wednesdays

Sept. 18 - Nov. 13

6:15- 9 p.m.

Twinbrook Community

Recreation Center

\$49 R/\$59 NR #44334



Co-Rec Table Tennis Club

Wednesdays

Sept. 18 - Nov. 13

6:30-9 p.m.

Twinbrook Community

Recreation Center

Club member: \$42 R/\$56 NR # 44335

Non-member drop-in: \$6 R/\$8 NR # 44336



240-314-8620

www.rockvillemd.gov/recreation/sports

Adults

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet and water bottle. 6 classes

Age: 16+

Beginner (1.0-1.5 NTRP Level)

44941 W 9/18-10/23 6-6:50 PM \$69/\$79
Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level)

44996 Sa 9/21-10/26 3-3:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level)

44951 M 9/16-10/21 6-6:50 PM \$69/\$79
Twinbrook CRC/Asaka

Novice (2.0-2.5 NTRP Level)

44954 Sa 9/21-10/26 4-4:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level)

44945 Tu 9/24-10/29 6-6:50 PM \$69/\$79
Dogwood Park/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

44956 W 9/18-10/23 7-7:50 PM \$69/\$79
Mattie Stepanek Park/Asaka

Intermediate (3.0-3.5 NTRP Level)

44955 Sa 9/21-10/26 5-5:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

44953 M 9/16-10/21 7-7:50 PM \$69/\$79
Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

44952 Tu 9/24-10/29 7-7:50 PM \$69/\$79
Dogwood Park/M. Yargici



National Tennis Rating Program (NTRP)

Beginner

- | | |
|-----|--|
| 1.0 | Just starting to play tennis |
| 1.5 | Limited experience. Working on getting ball over net. Some knowledge of scoring but not familiar with court positioning. |

Novice

- | | |
|-----|--|
| 2.0 | Obvious stroke weakness and needs on-court experience. Starting to feel comfortable with singles and doubles play. |
| 2.5 | More dependable strokes but trouble judging where ball is going. Weak court coverage. Working on keeping ball in play with players of similar ability. |

Intermediate

- | | |
|-----|--|
| 3.0 | Can place shots with moderate success and sustain a rally of slow pace but is not comfortable with all strokes. Lacks consistency serving. |
| 3.5 | Lacks stroke dependability, depth and variety but has improved ability to direct shots away from opponent. Hits volleys consistently. |

Advanced

- | | |
|-----|--|
| 4.0 | Dependable strokes with forehand and backhand. Can use a variety of shots including lobs, overheads, approach shots and volleys. Rarely out of position and can place first serve and force some errors. |
|-----|--|

Worried about the weather?

Call the Recreation Programs
Information Line at 240-314-5023.

Press #1 for classes.

Adults

Rockville Welcomes Pinneberg Mayor Urte Steinberg



*All are invited to events welcoming
the new Mayor of Pinneberg
to their Sister City of Rockville.*

Sat., Oct. 5

German-American Day Dinner

Golden Bull Grand Café

Sun., Oct. 6

Opening Reception -

Pinneberg Photokreis Exhibit

Rockville Senior Center

Mon., Oct. 7

Reception for

Pinneberg Bürgermeisterin Steinberg

Preceding Mayor and Council Meeting, City Hall

Visit website for details and reservation information.
www.rocknet.org/community/sistercities



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Respect for others.
Responsibility for your actions.**



City of Rockville Department of Recreation and Parks
www.rockvillemd.gov/Rzone

visarts

AT ROCKVILLE

Creating Community Through Art

VisArts is a dynamic, non-profit arts center dedicated to engaging the community in the arts and providing opportunities for artistic exploration, education and participation. Through educational programming, gallery exhibitions and a resident artist program, VisArts provides children, teens and adults with opportunities to express their creativity and enhance their awareness of the arts.

Art Classes & Workshops



Kids Create! Camps



Gallery Exhibitions



Resident Artist Program

155 Gibbs Street | Rockville, MD 20850
301.315.8200 | www.visartscenter.org

Rockville Sister City Corporation

PRESENTS THE 8th Annual

Fall Wine Tasting Social & More...

Friday, Oct. 25 ~ 7-9 p.m.

Glenview Mansion
Rockville Civic Center Park
603 Edmonston Drive

SUGGESTED DONATION

\$25 before Oct. 16
\$30 after Oct. 16

www.rocknet.org/community/sistercities



F. SCOTT FITZGERALD BOOK CLUB

Join Rockville's new Book Club to discuss

"WINTER DREAMS AND "BABYLON REVISITED"

TUESDAY, NOV. 12, 7-9 p.m.

Glenview Mansion Living Room | Civic Center Park

Meet people who share a passion for reading works by this legendary author who is buried here in Rockville, along with his wife Zelda and daughter Scottie.

Spring book will be chosen at this meeting.

Refreshments served. See page 27 for more details.

52nd Annual Rockville Antique & Classic Car Show



Saturday, Oct. 19
11 a.m. – 3:30 p.m.

Rockville Civic Center Park

Raindate: Saturday, Oct. 26



FEATURING:

- More than 400 Vintage Vehicles
 - Music
- Food and Beverages
- Children's Crafts

Recorded information: 240-314-5022

For a registration form, visit

www.rockvillemd.gov/carshow
240-314-8620

Rockville Farmers Market



Fruit * Vegetables * Meat * Flowers
Cheese * Bread * Baked Goods

Saturdays

9 a.m. – 1 p.m. through Nov. 23

Corner of Route 28 and Monroe Street

Wednesdays

11 a.m. – 2 p.m. through Sept. 25

E. Montgomery Avenue



240-314-8620
www.rockvillemd.gov/farmers



Seniors

ROCKVILLE SENIOR CENTER • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800
www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Friday, Aug. 16.**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

(R) - Resident registration begins **Friday, Aug. 23,** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Friday, Aug. 30** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.
 Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
 \$135/year - Nonresidents; \$65 spouse



Fitness Club Membership Fees

\$75/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$12. Call 240-314-8810.

Seniors

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Arts and Enrichment

12 Tips Create a Lasting Legacy *New*

It's not just about what happens after you're gone. Your legacy begins by making important decisions now. In this seminar, taught by Rockville estate attorneys Gary Altman and Adam Abramowitz, you'll explore 12 of the most fundamental building blocks for creating a lasting legacy through estate planning.

44938 M 9/30 1-2:30 PM Free
Azalea Room

Affordable Care Act *New*

Thanks to the Affordable Care Act, more Americans now qualify to get medical insurance coverage that fits their needs and budgets. Enrollment through health care exchanges will begin October 1, 2013. This forum will help determine if you need to enroll and if so, what steps you need to take. Presented by Richard Binder, MD, affiliated with Doctors for America and a Professor of Medicine at VCU School of Medicine.

44854 Th 10/24 1-3 PM Free
Carnation Room



All Around the Town

New

This fall, in a series of illustrated presentations, Peerless Rockville will focus on the timeless appeal of several of Rockville's neighborhoods. Learn more about the history of their development and special elements that have contributed to their success and left lasting imprints on the community.

Twinbrook and Hungerford Towne

44480 Tu 10/29 10:30 AM-12 PM \$4/\$6/\$9

New Mark Commons and Woodley Gardens

44481 Tu 11/12 10:30 AM-12 PM \$4/\$6/\$9

Americana Centre in Downtown Rockville

44482 Tu 11/19 10:30 AM-12 PM \$4/\$6/\$9
Azalea Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability. Note: December parties meet on a Thursday.

September

Sponsored by: Barbara and Peter Weidenbruch
and Right At Home
Entertainment by: Chyp and Andrea

44443 W 9/4 1:30-3 PM Free/\$5

October

Sponsored by: Essex Bank
Entertainment by: A Party with Maureen Ribble

44444 W 10/2 1:30-3 PM Free/\$5

November

Sponsored by: Nanette Morganstern
Entertainment by: Rock Candy Cloggers

44445 W 11/6 1:30-3 PM Free/\$5

December*

Sponsored by: John Wharen and the Triple F Senior Club
Entertainment by: Dale Jarrett Trio

44446 *Th 12/5 1:30-3 PM Free/\$5
Carnation Room

Seniors

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

44420 Th 9/26 & 10/24 10-11 AM Free/\$5
Board Room/Beck

Bridge- Defensive Skills

New

This class is specially designed for those with previous bridge experience who are interested in learning or sharpening skills on defensive play. Participants will learn techniques such as leading against suit contracts, playing second hand low, third hand high and other defensive strategies.

44301 Th 10/3-11/14 1-3 PM \$69/\$86/\$107
Card Room/Shull

Byline: Ernie Pyle

New

This one-man show by local actor and founding member of Quotidian Theatre Company, Steve LaRocque, consists of excerpts from the wartime dispatches of Ernie Pyle, one of the first "embedded" reporters. His dispatches gave the American public an intimate account of their young generation during World War II.

44006 Tu 11/12 1-2 PM \$4/\$6/\$9
Carnation Room

Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun. Help us prepare for performances at the Center and in the community.

44421 Tu 9/17-12/3 3-4 PM Free/\$5
Carnation Room/Beck

Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

44465 M & W 10/7-12/11 12:30-2:30 PM \$18/\$20/\$26
Card Room

Klan-Destine Relationships

New

Join local author and musician, Daryl Davis for a discussion of his book, "Klan-Destine Relationships" which deals with his experiences with the Ku Klux Klan and his ongoing journey with race relations. With exciting encounters and amusing anecdotes, Daryl's thought provoking lecture will surely inspire discussion.

44192 Th 10/10 1-2:30 PM \$10/\$15/\$20
Azalea Room

Door-to-Door Scam Prevention

New

Bob Durant from the Office of Consumer Protection (OCP) will inform us of the most common door-to-door scams to look out for. He will detail the individual tactics as well as provide us with great tips on how to avoid becoming a victim. Time will be left for questions and answers on other issues of concern.

44529 Tu 10/15 1-2:30 PM Free
Blossom Room

FLU and PNEUMONIA CLINICS



ROCKVILLE SENIOR CENTER

Tuesday, Sept. 17, 10 a.m.-1 p.m.

Senior Center members only
Regular and high dose flu shots
and pneumonia vaccine

Bring Medicare and insurance cards.
Without Medicare B - \$25 regular flu shot;
\$35 high dose, \$35 pneumonia vaccine

Tuesday, Oct. 22, 10 a.m.- 1 p.m.

Open to all
Regular and high dose flu shots
and pneumonia vaccine

Without Medicare B - \$35 regular flu shot;
\$ high dose, \$90 pneumonia

240-314-8810

Seniors

E-Readers - How to Use Them

New

If you find that the text of printed books is becoming too small or books are too heavy to carry around, Adrian Miles, Outreach Library Associate of Montgomery County libraries, will offer tips on how to select and use an e-reader, how to download books from a library or book store as well as the resources Montgomery County libraries have to offer.

44789 W 10/9 1-2 PM Free
Azalea Room

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on Sept. 9 and 11, 9:30-11 a.m.

Note: \$10 book fee may be required at first class.

Level I

44459 M & W 9/11-11/20 10:15-11:30 AM \$18/\$20/\$25
Arts and Crafts Room

Level II

44460 Tu & Th 9/17-11/21 10 AM-12 PM \$18/\$20/\$25
Card Room

Level III

44461 Tu 9/17-11/19 10 AM-12 PM \$18/\$20/\$25
Sunroom

Level IV

44462 W 9/18-11/20 10 AM-12 PM \$18/\$20/\$25
Dining Room

English Conversation

Speak more confidently and have easy conversations about everyday life.

Let's Talk

44464 Tu 9/24-11/19 1-2 PM \$10/\$12/\$15
Arts and Crafts Room

More Talk

44463 F 9/20-11/22 10 AM-12 PM \$18/\$20/\$25
Card Room



Fashion Show with Taylor Marie

The models will wow you - the clothes will astound you - and the prices delight you! We'll have the latest fall fashions in sizes for all and accessories too. Taylor Marie brings the shopping to us. Alfred Dunner is just one of the designers offered. Prices are below retail. Light refreshments will be served.

44442 Tu 10/8 1-2:30 PM \$4/\$6/\$9
Carnation Room

Fire Safety Lasts a Lifetime

New

John Best, Life and Fire Safety advocate of the Montgomery County Fire and Rescue Service, will discuss fire risks and safety precautions for older adults. Do you have a smoke alarm? Learn what you can do to ensure your home is safe.

44866 W 10/30 1-2 PM Free
Azalea Room

Concert
under the
Stars

Tuesday, Sept. 10
7-8:30 p.m.

Rockville
Swing Band

Rockville Senior Center • **FREE**

To register, call 240-314-8810.

Sponsored by the Senior Citizens Commission

Seniors

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Louisa Catherine Johnson Adams

The only first lady born outside of the U.S., Louisa Adams at one point forgot how to speak English. Mrs. Adams disliked political life and all the travails she endured while trying to raise four children. How did she become so admired that her passing was acknowledged by the adjournment of the U. S. Congress?

44475 M 9/23 10:15-11:15 AM \$5/\$7/\$10

Rachel Donelson Robards Jackson

Mrs. Jackson never served in the White House, passing away before her husband was sworn into office. She was an accomplished horsewoman and the first of Presidential wives to be divorced. Andrew and Rachel's story is one of hardship and great devotion. How did her life make an impact on political life in the 1820's?

44476 M 10/14 10:15-11:15 AM \$5/\$7/\$10

Hannah Hoes Van Buren

Little is known about this woman who was Martin's childhood sweetheart. She was raised in a Dutch home and Dutch was her first language. She never served as First Lady. She died in 1819 of TB. She is never mentioned in his 800 page autobiography. What are some of the mysteries surrounding the relationship between Martin and Hannah?

44477 M 11/18 10:15-11:15 AM \$5/\$7/\$10

Anna Tuthill Symmes Harrison

Anna is the first of the First Ladies to have a formal education. She never saw the White House, since she did not accompany her husband to Washington for his inauguration. This mother of ten moved frequently with her military husband. What was it about Anna Harrison that William Henry and the country found intriguing?

44478 M 12/16 10:15-11:15 AM \$5/\$7/\$10
Card Room

Gems of China

New

Enjoy an unusual and exciting view of China from George Ramick's trip. The "gems" he will showcase include, Beijing, the awe-inspiring Great Wall, the Yangtze Dam, the Terra Cotta Warriors which are one of the greatest discoveries of the 20th Century and Shanghai, one of the world's most rapidly changing cities. Join us for this unforgettable trip.

44337 Tu 10/8 10:30-11:30 AM \$4/\$6/\$9
Azalea Room

Gourmands - Night on the Town

Acacia is our destination for the latest Gourmands dining experience. Located in historic downtown Frederick, this award-winning restaurant serves only the finest and freshest American cuisine. Diners are responsible for their own food and beverages for this evening. Trip includes leadership and charter bus transportation.

44441 Th 11/7 4:45-9:30 PM \$26/\$33/\$38
Lower Parking Lot/Beck

Guitar Lessons

New

You've decided to play guitar and you've come to the right place! Our instructor has the experience you need to reach your goals. Classes will cover chords and timing and you will learn to play familiar songs.

Guitar for the Absolute Beginner

Kick start your guitar playing with this class. We will be covering basic chords, scales, note reading and some easy songs. A guitar is required for the class, but rentals will be available for students who need one. All other materials will be provided.

44338 W 9/18-10/30 12:10-1:10 PM \$70/\$89/\$112

Folk Guitar

Come learn to play your favorite folk tunes from the 60's, 70's and 80's. This course will cover chords, scales, technique, rhythm and several songs. A guitar is required for the class, but rentals will be available for students who need one. All other materials will be provided. Six months of prior experience playing guitar is recommended.

44424 W 9/18-10/30 1:15-2:15 PM \$70/\$89/\$112
Board Room/Mittleman

Seniors



Holly Jolly Holidays

New

The Carnation Players, our Center's performing group, are at it again with the next installment of high jinks and hilarity with a holiday theme. Along with The Show Stoppers, our senior dance troupe, this afternoon promises to be full of laughter, good cheer and celebration. Light refreshments will be served.

44458 Tu 12/10 1-2:30 PM Free/\$5
Carnation Room

Impressionists and Fashion

New

Enjoy a revealing look at the role of fashion in the works of the Impressionists and their contemporaries. This program is based on a blockbuster exhibition recently presented at the Musee D'Orsay in Paris and the Metropolitan Museum. The exhibition featured some 80 major figure paintings done from the mid-1860s to the mid-1880s by Monet, Renoir, Degas and Cassatt, among others.

44467 W 11/13 11 AM-12:15 PM \$5/\$7/\$10
Azalea Room/Hart

Archaeology in Montgomery County

New

This power-point presentation provides an introduction to several archaeological sites located on park land in Montgomery County. Historian/archaeologist Don Housley of the MCHS will discuss the techniques used by County archaeologists to unearth the past. A list of upcoming public archaeology programs and tours will also be provided.

44479 Th 10/24 10:30 AM-12 PM \$4/\$6/\$9
Azalea Room

Introduction to Social Media

Everyone is talking about social media like Facebook, Twitter, Pinterest and Instagram. Join us for an introduction to social media and an overview of how these forums and others are used.

44846 Tu 10/8 1-3 PM Free/\$2
Azalea Room

Legal Issues for Seniors

New

When thinking about estate planning and making decisions about the future, there are unique concerns. Henry Nash, Esq. will speak about advance health care directives and long-term care, durable financial powers of attorney, guardianship, wills and revocable living trusts.

44864 W 10/16 1-2:30 PM Free
Azalea Room

Medicare 2014 Update

New

What changes have been made to Medicare for 2014? What will Medicare cost me? How do I evaluate and change my Part D (Prescription Drug Coverage)? Am I eligible for income support programs for Medicare A, B, and D? Presented by Leta Blank, Senior Health Insurance Program.

44859 Tu 11/19 1-2:30 PM Free
Azalea Room

Organizing for a Better Life

Join us the second Tuesday of the month to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome. Facilitated by Barbara Wilson, counselor. 3 classes

44525 Tu 10/8-12/10 1-2:30 PM Free/\$4
Health Room



Seniors

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

John Quincy Adams

Named after his great-grandfather Colonel John Quincy, John Quincy began his political career at the age of ten. By the time he became President, he had served as a U.S. Senator, Minister to Russia and the Netherlands and as Secretary of State. After his presidency he served as a member of the House of Representatives. What drove this man who described himself as reserved, cold, austere and forbidding?

44471 M 9/9 10:15-11:15 AM \$5/\$7/\$10

Andrew Jackson

Known as Old Hickory, Andrew Jackson gained his reputation as a Major General during the War of 1812. This charismatic figure was combative, quick tempered and by most accounts thin-skinned. He was responsible for the concept of the spoils system and the kitchen cabinet. Jackson has been praised and criticized, but no matter what people thought of him, he was his own person.

44472 M 10/7 10:15-11:15 AM \$5/\$7/\$10

Martin Van Buren

President Van Buren was known as the Magician. Before becoming Vice President, Van Buren served as Attorney General, U.S. Senator, U.S. Minister to England and Secretary of State. This dapper and refined individual presided over the Panic of 1837, Aroostook War and the Second Seminole War. Why did he return later to run as a third party candidate?

44473 M 11/4 10:15-11:15 AM \$5/\$7/\$10

William Henry Harrison

This slim, plain-spoken man was affable and good-humored. Known for his bravery in battle, Harrison served as President for the shortest amount of time. His life and influence on the United States revolves around his life before the Presidency.

44474 M 12/9 10:15-11:15 AM \$5/\$7/\$10
Card Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

44422 M 9/16-11/4 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

Protecting Your Estate

New

Folks concerned about shielding their estate from estranged, troubled and/or otherwise problematic family members who might legally be entitled to your estate should attend this seminar. Learn from Rockville estate planning attorneys Gary Altman and Adam Abramowitz to ensure that your assets will be distributed according to your wishes.

44937 Th 11/14 1-2:30 PM Free
Azalea Room

Second Best: U.S. Vice Presidents

New

This class will look at the lives and service of those who served as Vice President. The focus will be on the men who faded from the spotlight of American history. Join college professor Joan Adams who will provide a glimpse into the lives of Aaron Burr and George Clinton.

44491 M 10/28 10:15-11:15 AM \$5/\$7/\$10
Card Room

Sinatra - Was He That Good?

New

This program will cover Sinatra's startling success in the early 40's, examine the "down and out" years from the late 40's through the early 50's, move through the 1953 comeback period and wrap-up with the golden years featuring the major hits, "My Way" and "New York, New York."

44121 Tu 10/29 1-2:30 PM \$4/\$6/\$9
Azalea Room



Seniors

Social Security: Max. Benefits

New

This seminar covers the history of Social Security. Terrence and Renee Frederick, Senior Financial Advisors, will discuss the current landscape of Social Security, benefit eligibility, how to decide when to start taking your benefits and strategies for maximizing benefits at any age.

44790 Th 11/7 1-2 PM Free
Azalea Room

The 50's - Name That Tune!

New

Irv Chamberlain will play them, you guess them. Songs by Pat Boone, Elvis, Belafonte, Kingston Trio, Mitch Miller, Mathis, Fisher, Como, the Platters, Patti Page and many others. This is a fun easy program you won't want to miss.

44120 Tu 9/17 1-2:30 PM \$4/\$6/\$9
Azalea Room

The Velocity of Money

New

This seminar, presented by the Foundation for Financial Education, will help you understand how to coordinate the growth of your assets, improve the effectiveness of your economic model and move from taxable to tax free.

44853 W 10/2 1-2:30 PM Free
Azalea Room



Tropical Picnic

Just a hop, skip and jump away, take an adventure to Bohrer Park in Gaithersburg. The water park is complete with palm trees. Swim in the pool or wade in the shade, dance to favorite songs or play miniature golf or games. Enjoy a barbecued chicken lunch catered by Smokey Glen Farm. Participants should meet at Bohrer Park. Program held rain or shine. Registration begins upon receipt of Recreation Guide and one fee for all applies. Register by: 8/22

44493 W 8/28 10 AM-1:30 PM \$19
Gaithersburg Water Park

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you know the Medicare alphabet? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

44858 Tu 11/12 7-9 PM Free
Carnation Room

Watercolor - Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

44296 Th 9/19-11/7 1-3 PM \$72/\$90/\$110
Blossom Room/Fry

Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and layout to make projects more engaging. Enjoy a small group setting with individual attention.

44300 Th 9/19-11/7 10 AM-12 PM \$72/\$90/\$110
Card Room/Fry

Welcome to Chestnut Lodge

New

Maverick psychotherapist, Frieda Fromm-Reichmann will be brought to life with a first-person portrayal by Karen Webber Gilat. A pioneer of the therapeutic relationship, Frieda took the road "less traveled" from Nazi Germany to Rockville. She came directly to Chestnut Lodge and served as its chief psychiatrist until her death in 1957. Meet this charming, feisty, private woman who took on the establishment.

44118 Th 10/3 10:30 AM-12 PM \$4/\$6/\$9
Azalea Room

Seniors

Women Living Alone

If you are a woman living alone, join us for this group. We will meet the first Thursday of each month to share experiences and discuss strategies for improving the quality of our lives. Facilitated by Barbara Wilson, counselor. 3 classes

44523 Th 10/3-12/5 1-2:30 PM Free/\$4
Blossom Room

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomlab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Backing Up Your Computer

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

44816 Tu 12/3 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

(B) Computer Basics

This class offers a hands-on introduction for beginning computer users. Prerequisite: Use of Keyboard and Mouse. Further free optional training is available in the Beginner Computer Practice Lab, 10 a.m. - Noon on Fridays.

44817 Tu & Th 10/15 & 10/17 10-11:30 AM \$6/\$8/\$11
44818 Tu & Th 11/19 & 11/21 10-11:30 AM \$6/\$8/\$11
44819 Tu & Th 12/17 & 12/19 10-11:30 AM \$6/\$8/\$11
Computer Lab/Frillman

(B) Computer Basics II

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your desktop and start menu. Create a variety of different shortcuts and move to different locations in your computer. Learn about safe mode and creating wallpaper.

44833 Tu 10/22 10 AM-12 PM \$6/\$8/\$11
44834 Tu 12/3 1-3 PM \$6/\$8/\$11
Computer Lab/Hickman

(B) Computer Basics III

This sequel to Computer Basics II will teach you how to install and uninstall software, view your memory and determine the size of your hard drive. You will be taught how to check your computer drives and will learn what to do when the Internet does not connect.

44835 Th 10/24 10 AM-12 PM \$6/\$8/\$11
44836 Th 12/5 1-3 PM \$6/\$8/\$11
Computer Lab/Hickman

(B) Introduction to Word Processing

Word processing allows you to develop a wide range of documents. Unlike a typewriter, once you create a document on screen, you can make changes, correct mistakes and add photos. Learn basic navigation skills using the keyboard and mouse to create a simple document, preview, print and save your file.

44845 M & W 11/18-11/20 1-3 PM \$11/\$15/\$19
Computer Lab/Martin

(B) Keyboard and Mouse - Beginner

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

44824 F 9/20-12/13 10 AM-12 PM Free/\$3/\$5
Computer Lab/Frillman

(B) New to Computers?

New

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. Absolutely no experience required!

44837 W 10/2 10 AM-12 PM \$5/\$7/\$10
44838 W 11/6 10 AM-12 PM \$5/\$7/\$10
44839 W 12/4 10 AM-12 PM \$5/\$7/\$10
Computer Lab/Hickman

Seniors

(B) Personalize Your Desktop

Choose the icons and background you see on your introductory screen. Learn to add or delete the icons and choose your background to show a favorite picture or update it periodically.

44848 Th 10/17 1-3 PM \$6/\$8/\$11
Computer Lab/Martin

(B) Right Click - Left Click

Discover how to use your mouse in applications such as word processing, copying, file management and customizing your desktop. Using your computer is easier if you know how to use both mouse buttons.

44847 W 12/4 1-3 PM \$6/\$8/\$11
Computer Lab/Martin

(B) Using Help Menus

We're accustomed to reading manuals, but that's not how it's done anymore with PCs. Use Windows Help. This course will show you how. As a bonus, learn to simultaneously view, move and resize two windows.

44849 Tu 10/1 1-3 PM \$6/\$8/\$11
Computer Lab/Martin

(B, I) Burners

Create a DVD from a VHS tape, copy your DVDs for backup, edit videos from your camcorder, duplicate a CD, make a CD from a cassette tape, all with minimal equipment. Note: \$5 material fee payable to instructor at first class.

44820 F 12/6 1-3 PM \$8/\$10/\$14
Computer Lab/Bender

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

44821 F 12/13 1-3 PM \$8/\$10/\$14
Computer Lab/Bender

(BI) Computer HELP

You have a computer question? We have an answer. No repairs, just solutions. No appointment necessary.

44855 Th 10/3-12/12 3-4 PM Free/\$5
Computer Lab/Hickman

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

44841 M 12/2 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(BI) Speech Recognition

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or emails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Dragon Speech Recognition. Program requires Windows 7 or 8.

44842 Tu 10/8 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(I) e-Bay and Craig's List

Everyone has "junk" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

44823 Tu 11/5-11/26 1-3 PM \$39/\$48/\$59
Computer Lab/Bender



Intermediate Photography (IP) DISCOUNT

Participants registering for two or more IP classes may apply for a \$5 discount. To receive a discount, participants must register by mail, fax or walk-in.

Seniors

(I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

44851 Tu 10/22 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Facebook - Intermediate

If you already have a Facebook account and want to learn how to enhance your page, add or delete friends, or just be more comfortable using the site, join this class for personalized instruction.

Facebook Intermediate
44852 Tu 10/29 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Google

Google Web searches provide quick results. You have often used it to search the internet, now learn how to organize your photo album with Google Picasa. Travel virtually all around the planet with Google Earth and customize your news with Google News. Many other tools and services that Google offers will be reviewed.

44825 Tu & Th 10/1 & 10/3 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Laptops

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features.

44843 Tu & Th 11/5 & 11/7 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance. Handouts included.

44826 Th 10/10 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel 07 Version. Note: \$5 material fee payable to instructor at first class.

44827 M & W 10/7-10/14 10 AM-12 PM \$31/\$38/\$46
Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

44832 Tu & Th 12/5-12/12 10 AM-12 PM \$20/\$26/\$31
Computer Lab/Hickman

(I) PowerPoint

Let's take the PowerPoint Workshop to another level. Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

44829 M & W 9/23-9/30 10 AM-12 PM \$31/\$38/\$46
Computer Lab/Hickman

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your flash drive to any other computer. It's important to have a backup copy of work on your computer.

44828 W 12/18 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) Ubuntu

Did you know there are three computer operating systems: Windows, Mac and Ubuntu? This class is an overview of Ubuntu and compatible software programs, all of which are free. Ubuntu is not subject to virus attack or system crashing and is much faster than its fee-based competitors. Note: \$3 materials fee includes a software disk.

44840 Tu 12/10 1-3 PM \$9/\$11/\$15
Computer Lab/Bender

Seniors

(I) Windows 7 - Basic

See what's new in Windows 7. Check out the new look in the control panel, screen savers, wallpaper and more. Learn what's new on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

44830 M & W 11/13-11/20 10 AM-12 PM \$31/\$38/\$46
Computer Lab/Hickman

(I) Windows 7 - Advanced

You have picked up the basic features of Windows 7, now learn about more advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature and more.

44831 M & W 12/9-12/16 10 AM-12 PM \$31/\$38/\$46
Computer Lab

(IP) Digital Photos - Soup to Nuts *New*

Explore the use of automatic photo settings, the built-in flash, photo stitching, relationships between aperture and shutter control, best exposure in lighting situations and control depth of field and how to broaden the experience within High Dynamic Range (HDR) photography. Note: \$10 handout fee payable to instructor at the first class.

44815 M, W & F 9/20-10/11 3-5 PM \$99/\$125/\$149
Computer Lab

(IP) Photoshop

Layers, masks, alpha channels, compositing and camera raw will be covered first using supplied photographs as examples and then using student photographs for practical application. Note: \$10 materials fee payable to instructor at first class.

44822 M, W & F 10/16-11/8 3-5 PM \$109/\$135/\$159
Computer Lab

Twitter

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as tweets. Be introduced to Twitter and learn to use this messaging tool as a new form of communication.

44844 W 11/13 1-3 PM \$9/\$11/\$15
Computer Lab

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Afternoon Tone and Stretch

This class concentrates on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

44341 W 9/11-11/6 2:15-3:15 PM \$30/\$37/\$45
Exercise Room/TBA

20 Questions *New*

Circle of Rights recommends the questions a patient ask his/her medical provider regardless of whether it is a hospital, clinic or doctor. This is most helpful, especially for those who have a problem remembering what is wrong once they are in front of the doctor. Join us for this interactive discussion.

44455 Th 11/14 10-11:30 AM Free
Azalea Room

ASK THE TRAINER!

Questions about your workout?

LET OUR TRAINER HELP YOU!

Call for a free 15-minute appointment.
(Fitness Members Only)

- Mondays, 5-6 p.m.
- Thursdays, 9-10 a.m.
- Fridays, 9-10 a.m.

240-314-8813



Seniors

All Day Exercise

New

Would you like to try a new exercise class to help spice up your fitness routine? Come preview many classes that will be offered this fall. We'll have several free, 25-minute programs offered throughout the day. Try as many as you would like.

44526 W 9/4 10 AM-2 PM Free
Exercise Room/TBA

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

44343 Tu & Th 9/10-11/7 1-2 PM \$50/\$62/\$75
Exercise Room/TBA

Balance and Falls

In celebration of Balance Awareness Week, Stacey Buckner, PT, DPT, will be presenting a lecture on balance and fall prevention. Additionally she will be performing individual balance screenings for class participants.

44450 W 9/18 1-2:30 PM Free
Azalea Room

Cardio Motion

New

Try this great new program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout.

44514 M & W 9/9-11/6 1-2 PM \$45/\$54/\$65
Exercise Room/Smith

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

44346 F 9/13-11/8 1:30-2:30 PM \$27/\$34/\$40

Mini Session

44515 F 12/6-12/20 1:30-2:30 PM \$9/\$11/\$14
Exercise Room/TBA

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women alike. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and to promote better circulation.

44348 M & W 9/9-11/6 11 AM-12 PM \$45/\$56/\$67

Mini-Session

44349 M & W 12/2-12/11 11 AM-12 PM \$15/\$19/\$22
Exercise Room/TBA

Chair Yoga

New

This class is designed for participants who cannot meet the demands of a physically straining exercise class. This class will be done seated. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance issues. No previous experience necessary.

44350 F 9/13-11/8 8:45-9:30 AM \$47/\$59/\$70
Exercise Room/Figure

Circuit Fit

New

This program consists of 10 exercise stations each completed for a 60-second interval, with a short rest period between. Circuit training is a challenging form of conditioning, targeting strength, endurance, flexibility and coordination. Instructor is a nationally-certified personal trainer. Must be a Fitness Club member to participate.

44351 Tu 9/10-11/5 1-1:45 PM \$50
Fitness Room/TBA

Colonoscopy/Colorectal Screening

New

Colorectal cancer is the third most common cancer diagnosed in the US excluding skin cancers. It is preventable and a colonoscopy can not only diagnose and remove early stage colorectal cancer, but can also diagnose and remove benign tumors that may become cancerous. Join Dr. Michael Tian, MD, MSPH, certified in Gastroenterology and Internal Medicine, for this important discussion.

44453 Th 10/3 1-2 PM Free
Azalea Room

Seniors

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and combinations that allow Zumba participants to dance away their worries. Great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

44352 M 9/9-11/4 10-10:50 AM \$30/\$37/\$45

Mini-Session

44353 M 12/2-12/16 10-10:50 AM \$10/\$13/\$15
Exercise Room/TBA

Find Relief with Acupuncture

New

Acupuncture is designed to stimulate the body's natural healing powers. Internist Dr. Andrew Wong describes how acupuncture can be used to relieve specific conditions including chronic pain, stress and insomnia.

44451 Th 9/26 1-2 PM Free
Azalea Room

Fitness Club

Interested in becoming a Fitness Club member? Join our "state of the art" fitness room. Basic equipment training is required for new members for a one-time fee of \$10. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The fitness membership fee is \$75 annually.

Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

44354 M & W 8/28-12/16 8:30 AM-4:50 PM \$10

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs.

44355 M & W 8/28-12/16 8:30 AM-4:50 PM \$30
Fitness Room/Klopfer

Forever Fit

New

This is a great class for seniors just beginning an exercise routine. Receive a total body workout in this class with a combination of cardio exercise, strength training and flexibility.

44975 Tu 9/10-11/5 10-10:50 AM \$35/\$44/\$52
Exercise Room/Smith

Hearing Loss Discussion Group

New

Please join us for a new group that will meet monthly to discuss hearing loss in our lives and ways to adjust and cope with this challenge. Group meets the second Thursday of each month. 3 classes

44788 Th 10/10-12/12 1-2:30 PM Free
Blossom Room

Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class.

44357 Tu & Th 9/10-11/7 12:25-12:55 PM \$22/\$27/\$33
Exercise Room

Life Trail Outdoor Fitness

Try this program as part of our outdoor fitness system, located near the rear parking lot. Outdoor workout includes a warm-up and functional fitness training on the equipment. All muscles work together while isolating the core.

44359 Tu 9/17-10/22 9-9:30 AM \$15/\$17/\$20
Parking Lot/Biedscheid

Ask the *Wellness Coach!*
Let our coach check your body fat composition.



Ask questions related to nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Fitness Center desk.
(Fitness Center Members Only)
240-314-8813

Seniors

New Treatments for Osteoarthritis *New*

Join Dr. Avram Weinberg, D.C. of Better Health Medical Center as he focuses on the causes of osteoarthritis, the long-term consequences of living with pain and new advances in the treatment of osteoarthritis of the knees, shoulder and hips. Discussion will cover a new treatment, Viscosupplementation.

44813 Tu 10/15 1-2 PM Free
Board Room

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. For Fitness Club members only.

One - One Hour Session

An AFAA/ACE certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: Must have been trained on the exercise equipment. For Fitness Club members only.

44362 M & W 9/9-11/27 9 AM-4:50 PM \$45

Partner Training

Partner Training - Come with your spouse, or a friend and train together in this one hour session.

44363 M & W 9/9-12/18 9 AM-4:50 PM \$70

Three - One Hour Sessions

44364 M & W 9/9-12/18 9 AM-4:50 PM \$120

Six - One Hour Sessions

44365 M & W 9/9-12/18 9 AM-4:50 PM \$235

Ten- One Hour Sessions

44366 M & W 9/9-12/18 9 AM-4:50 PM \$375
Fitness Room/Biedscheid



Pain Management

In today's world almost everyone suffers from some sort of pain. Learn the categories and types of pain. Did you know that pain is considered a disease in itself? What can cause it? How can it be managed so one's life is not totally ruined? Join this discussion presented by Circle of Rights.

44449 Th 9/12 10-11:30 AM Free
Azalea Room

Positive Aging

Discuss issues related to aging such as coping with loss, taking care of ourselves, relationships with adult children, dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month. Facilitated by Barbara Wilson, counselor.

44524 Tu 10/1-12/17 1-2:30 PM Free
Arts and Crafts Room

Power Zumba Gold *New*

This new class will offer a half hour of strength training using light weights, resistance bands and body weight. The second half hour is Zumba. This great combination of strength training and cardio offers a total body workout.

44861 Th 9/12-11/7 10-10:50 AM \$30/\$37/\$45
Exercise Room/TBA

Saturday Senior Sculpt *New*

Work all of your major muscle groups, using a variety of equipment. Improve your strength, muscle tone, balance and flexibility. The intensity may be modified to suit most fitness levels.

44367 Sa 9/21-11/16 10-10:45 AM \$35/\$44/\$52
Exercise Room/Ramsey

Self-Help with Jin Shin Jyutsu

Jin Shin Jyutsu is an ancient healing art which helps balance the body's energy and promotes optimum health and healing. Learn ways to help prevent colds, headaches, stomach aches, tiredness, breathing issues and much more! Betty Figlure has been a JSJ practitioner for over 30 years.

44457 W 11/6 & 11/13 1-2:30 PM Free
Azalea Room

Seniors

Senior Aerobic Workout

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

44368	Tu & Th	9/10-11/7	11 AM-12 PM	\$45/\$54/\$65
44369	F	9/13-11/8	11 AM-12 PM	\$25/\$32/\$38

Mini-Session

44516	Tu & Th	12/3-12/12	11 AM-12 PM	\$10/\$13/\$15
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Exercise Room/Klopper

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and Mediterranean. This low-impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

44371	M	9/9-11/4	2-3 PM	\$37/\$46/\$55
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Exercise Room/Porter-Nelson

Senior Boot Camp

Looking to increase your level of fitness? Designed to challenge active seniors, increase energy, reduce stress and build confidence, this fun, yet challenging class is a great workout.

44372	F	9/13-11/8	2:45-3:30 PM	\$40/\$50/\$60
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Exercise Room/TBA

Senior Circuit Training

Learn how to maximize your workouts by combining strength and cardio intervals for a total body workout. Classes will use a variety of equipment throughout the session while focusing on the 30-minute circuit training concept. Free weights and mats provided.

44969	Th	9/12-11/7	5-5:45 PM	\$40/\$50/\$60
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Exercise Room/Biedscheid

Senior Core and More

New

Challenge your abdominal muscles, back and hips in this dynamic workout. You will learn how to effectively strengthen the core using proper form and technique. Building core strength helps improve balance posture and prevent low back pain. This class includes 15 minutes of stretching and relaxation at the end.

44946	M	9/9-11/4	3:15-4 PM	\$40/\$48/\$57
44862	W	9/11-11/6	6:15-7 PM	\$40/\$48/\$57
44863	F	9/13-11/8	8:30-9:15 AM	\$40/\$48/\$57

Exercise Room/Biedscheid

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of month, class is held at Lincoln Park Community Center.

44374	M & W	9/9-11/27	1:30-2:15 PM	Free
44375	M & W	9/9-11/27	2:20-3:05 PM	Free

Carnation Room/TBA

Senior Pilates - Beginner

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided).

44950	M	9/9-11/4	8:45-9:30 AM	\$53/\$66/\$79
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Thomas Farm CC/TBA

44377	Th	9/12-11/7	2:15-3:15 PM	\$53/\$66/\$79
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Exercise Room/TBA

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

44378	Tu	9/10-11/5	2:15-3 PM	\$53/\$66/\$79
44379	Tu & Th	9/10-11/7	2:15-3 PM	\$95/\$119/\$142

Mini-Session

44977	Tu & Th	12/3-12/19	2:15-3 PM	\$35/\$44/\$52
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Exercise Room/Klopper

**SWIM CENTER CLOSED
AUGUST 19-26
FOR CLEANING ...**

Seniors

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors.

44381 F 9/13-11/8 9-9:45 AM \$35/\$44/\$52
Thomas Farm CC/Ramsey

Mini-Session

44382 F 12/6-12/20 9-9:45 AM \$15/\$19/\$23
Thomas Farm CC/Ramsey

Senior Strength Training

Designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes.

44386 Tu & Th 9/10-11/7 9-9:45 AM \$59/\$74/\$89

Mini-Session

44387 Tu & Th 12/3-12/19 9-9:45 AM \$21/\$26/\$31
Exercise Room/Ramsey

Senior Stress

New

Stress is the modern-day person's worst nightmare. It has come across the ages and is still with us. Can we learn to overcome it? What causes it? Where does it come from? What are the symptoms? Can it be cured? Why must we live with it? This interactive discussion is presented by Circle of Rights.

44454 Th 10/10 10-11:30 AM Free
Azalea Room

Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, this class offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

44388 Tu & Th 9/10-11/21 10-10:50 AM \$8
Carnation Room/Tuanmu

Mini-Session

44389 Tu & Th 12/3-12/17 10-10:50 AM \$3
Carnation Room/Tuanmu

Senior T'ai Chi Ch'uan - Intermediate

Participants should have a basic knowledge of T'ai Chi Ch'uan. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

44390 M 9/9-11/26 10-10:50 AM \$5
Carnation Room/Tuanmu

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels.

44391 W 9/11-11/6 5-6 PM \$40/\$50/\$60
44392 W 12/4-12/18 5-6 PM \$14/\$17/\$21
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

44394 M 9/9-11/4 7-8 PM \$50/\$63/\$75
44393 W & F 9/11-11/8 9:50-10:50 AM \$88/\$110/\$132

Mini-Session

44976 W & F 12/4-12/20 9:50-10:50 AM \$30/\$37/\$45
Exercise Room/Figure



Show Stoppers

Enjoy this spin-off group from the senior aerobic workout group perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star.

44396 Tu 9/24-12/10 12:15-1 PM Free
Carnation Room/Klopfer

Seniors

New

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

44452 M 9/23-11/25 1-2 PM \$30/\$35/\$40
Board Room

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register at the front desk for an appointment. Bring a towel, wear long pants and socks. Must be a Senior Center member and a Fitness Club member.

44405 F 11/22-12/20 2:30-4:30 PM Free
Fitness Room/Smith

Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels.

44406 M 9/9-11/4 9-9:45 AM \$40/\$48/\$57
44408 F 9/13-11/8 12:30-1:15 PM \$40/\$48/\$57

Mini Session

44407 M 12/2-12/16 9-9:45 AM \$15/\$19/\$23
44409 F 12/6-12/20 12:30-1:15 PM \$15/\$19/\$23
Exercise Room/Klopfer

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and the pilates method.

44968 W 9/11-11/6 8:30-9:15 AM \$45/\$56/\$67
Exercise Room/Maguire



Your Medical History

How many people carry their medical history with them at all times? Thanks to Suburban Hospital, we have handy little files which can be part of a billfold, purse or pocket in which to store your details. Circle of Rights offers this file for your information and helps you understand how to complete it and maintain up to date information.

44456 Th 12/12 10-11:30 AM Free
Azalea Room

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total workout.

44411 M 9/9-11/4 5-6 PM \$30/\$37/\$45
44413 W 9/11-11/6 7-7:45 PM \$30/\$37/\$45
44414 Sa 9/21-11/6 11-12 PM \$10/\$13/\$15
Exercise Room/TBA

Mini-Session

44412 M 12/2-12/16 5-6 PM \$10/\$13/\$15
Exercise Room/TBA

Sports - Instructional

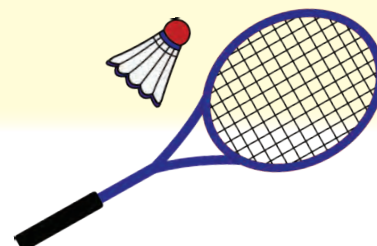
We recommend bringing a water bottle to all sports programs.



Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents.

44344 W & F 9/11-12/13 8:45-9:45 AM Free
Gymnasium



Seniors

Game Room Activities

Pool table, table tennis and a dart board are available. Practice games, clinics, instruction and tournaments are held. Mon.-Fri., 8:30 a.m.- 4:50 p.m.; Sat., 8:30 a.m.- 12:50 p.m. For Senior Center members only. Table tennis available at Twinbrook Community Recreation Center, on Wed., 9-10 a.m.

44356 M-Sa 9/9-12/7 8:30 AM-4:50 PM Free
Game Room

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

44402 M 9/16-10/21 1-2 PM \$25/\$31/\$37
44403 M 11/4-12/16 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play, but it also aids in dexterity, flexibility and coordination. Paddles and balls available.

44400 W 9/18-10/23 1-2 PM \$25/\$31/\$37
44401 W 11/6-12/11 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

44398 F 9/27-11/1 1-2 PM \$25/\$31/\$37
44399 F 11/8-12/13 1-2 PM \$25/\$31/\$37
Game Room

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

44410 F 9/13-11/8 10 AM-12 PM Free
Azalea Room

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. We have a nice court located behind the Senior Center. If interested in joining a team, register for this activity at the front desk. For Senior Center members only.

44345 Tu & Th 9/3-10/17 10-11 AM Free
Bocce Ball Court/TBA

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents.

44360 W & F 9/4-12/13 10-11 AM Free
Gymnasium/TBA

Senior Duffers

Enjoy the peak of the 2013 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

44373 M 9/9-10/21 7:30 AM-1 PM \$8/\$10/\$12

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$8.75 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

44404 Th 9/5-12/19 1-3 PM Free



Seniors

Trips

Registration procedure for all trips: An in-person lottery registration will be held on Tuesday, August 20, at the Senior Center. Interested members and City residents may draw lottery numbers from 10:15-10:30 a.m., with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Friday, August 23. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Allenberry Playhouse in the Fall *New*

Hop on board the bus to Pennsylvania. Our first stop will be to Ashcombe Market which has a fabulous array of plants, vegetables and gift items. Then we're off to Allenberry Playhouse for a buffet lunch followed by a performance of "A Closer Walk with Patsy Cline." This show blends theatre and music tracing the rise to stardom of one of our most beloved recording artists. From her hometown of Winchester, Virginia, to the Grand Ole Opry, Las Vegas and Carnegie Hall, you'll hear all of Patsy's hits. Trip includes lunch, leadership, show and charter bus transportation.

44483 Th 9/26 8 AM-6 PM \$88/\$112/\$128
Departs: Lower Parking Lot - Civic Center Park

Apples Galore *New*

Enjoy a driving tour through the streets of Historic Winchester and surrounding area with our ride-along guide whom we will meet at the Winchester-Frederick County Visitors Center. Keep your eyes open for Apples on Parade, a community art project; learn about National Fruit Products, Inc., makers of White House Apple Products, and visit Marker-Miller Orchards and Farm Market. We will have time to purchase apples and other goodies before heading back into Winchester to the pedestrian mall. On our own, we will explore unique shops and have lunch at any of dozens of restaurants or cafes. Trip includes guide, leadership and charter bus transportation.

44485 Tu 10/15 9 AM-4 PM \$53/\$66/\$76
Departs: Lower Parking Lot - Civic Center Park



Mini-Mystery Trip

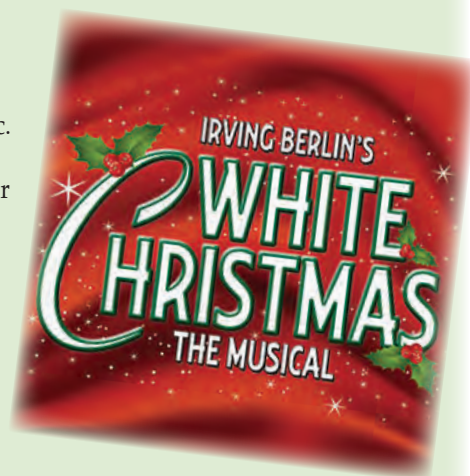
New

Oh the places you'll go! It is a mystery to us but our Halloween adventure is sure to please. Don't be afraid to join us for learning, laughter and a bit of lunch as we go in search for ghouls and goblins. Trip includes charter bus transportation, leadership and lunch.

44484 Th 10/31 8:45 AM-4:45 PM \$82/\$102/\$117
Departs: Lower Parking Lot - Civic Center Park

White Christmas at Riverside

Experience the enchantment of live theatre with this award-winning Broadway rendition of the familiar film story. "White Christmas" will help set the mood for the holiday season. We will travel to Fredericksburg, Va. for a sit-down lunch followed by Riverside's professional production of this Irving Berlin classic. Familiar songs include "Count Your Blessings Instead of Sheep," "Blue Skies," "I've Got My Love to Keep Me Warm" and the memorable title song itself. Trip includes lunch, leadership, show and charter bus transportation.



44492 Tu 12/3 10 AM-6:30 PM \$88/\$112/\$128
Departs: Lower Parking Lot - Civic Center Park

Aquatics

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
 240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

Note: Swim Center CLOSED
Aug. 19-26 for Cleaning

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Residents or Swim Center Members

Friday, Aug. 16, 8:30 a.m.

Nonresidents or Nonmembers

Friday, Aug. 23, 8:30 a.m.

No Classes Nov. 24-27

Registration Deadline

One week prior to start date

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons
 RSFC
 355 Martins Lane
 Rockville, MD 20850

Fax to:

Swimming Lessons
 240-314-8759

Check Out Our Fitness Room

Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter



Aquatics

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: Non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months				M/NM
44579	Tu	9/3-10/22	9-9:30 AM	\$71/\$89
44580	Sa	9/7-10/19	10:50-11:20 AM	\$62/\$78
44581	Su	9/8-10/20	10:25-10:55 AM	\$62/\$78
44582	Sa	10/26-12/14	10:50-11:20 AM	\$62/\$78
44583	Su	10/27-12/15	10:25-10:55 AM	\$62/\$78
44584	Tu	10/29-12/17	9-9:30 AM	\$71/\$89

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18 months -3 years				M/NM
44585	Th	9/5-10/24	9-9:30 AM	\$71/\$89
44586	Sa	9/7-10/19	10:10-10:40 AM	\$62/\$78
44587	Su	9/8-10/20	9:50-10:20 AM	\$62/\$78
44588	Su	9/8-10/20	11:30 AM-12 PM	\$62/\$78
44589	M	9/9-10/28	2-2:30 PM	\$62/\$78
44590	Sa	10/26-12/14	10:10-10:40 AM	\$62/\$78
44591	Su	10/27-12/15	9:50-10:20 AM	\$62/\$78
44593	M	10/28-12/16	2-2:30 PM	\$71/\$89
44592	Su	10/27-12/15	11:30 AM-12 PM	\$62/\$78
44594	Th	10/31-12/19	9-9:30 AM	\$62/\$78



Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
44561	W	9/4-10/23	2-2:30 PM	\$71/\$89
44562	Th	9/5-10/24	9:30-10 AM	\$71/\$89
44563	Sa	9/7-10/19	9-9:30 AM	\$62/\$78
44564	Sa	9/7-10/19	11:25-11:55 AM	\$62/\$78
44565	Su	9/8-10/20	9:15-9:45 AM	\$62/\$78
44566	Su	9/8-10/20	11-11:30 AM	\$62/\$78
44571	Sa	10/26-12/14	11:25-11:55 AM	\$62/\$78
44572	Sa	10/26-12/14	9-9:30 AM	\$62/\$78
44569	Su	10/27-12/15	9:15-9:45 AM	\$62/\$78
44570	Su	10/27-12/15	11-11:30 AM	\$62/\$78
44567	W	10/30-12/18	2-2:30 PM	\$71/\$89
44568	Th	10/31-12/19	9:30-10 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
44573	Sa	9/7-10/19	8:25-8:55 AM	\$62/\$78
44574	Sa	9/7-10/19	9:35-10:05 AM	\$62/\$78
44575	Su	9/8-10/20	8:40-9:10 AM	\$62/\$78
44576	Sa	10/26-12/14	8:25-8:55 AM	\$62/\$78
44577	Sa	10/26-12/14	9:35-10:05 AM	\$62/\$78
44578	Su	10/27-12/15	8:40-9:10 AM	\$62/\$78

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
44604	W	9/4-10/23	4:40-5:10 PM	\$77/\$96
44603	M	9/9-10/21	4:40-5:10 PM	\$67/\$84
44605	M	10/28-12/16	4:40-5:10 PM	\$77/\$96
44606	W	10/30-12/18	4:40-5:10 PM	\$77/\$96

Aquatics

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floaters I

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
44608	Tu	9/3-10/22	4:30-5 PM	\$77/\$96
44612	Tu	9/3-10/22	5:05-5:35 PM	\$77/\$96
44614	Tu	9/3-10/22	5:40-6:10 PM	\$77/\$96
44629	W	9/4-10/23	4:05-4:35 PM	\$77/\$96
44630	Th	9/5-10/24	5:40-6:10 PM	\$77/\$96
44611	F	9/6-10/25	3:30-4 PM	\$77/\$96
44631	F	9/6-10/25	4:40-5:10 PM	\$77/\$96
44607	Sa	9/7-10/19	9-9:40 AM	\$67/\$84
44609	Sa	9/7-10/19	10:30-11:10 AM	\$67/\$84
44610	Sa	9/7-10/19	11:15-11:55 AM	\$67/\$84
44615	Su	9/8-10/20	9-9:40 AM	\$67/\$84
44616	Su	9/8-10/20	9:45-10:25 AM	\$67/\$84
44617	Su	9/8-10/20	10:30-11:10 AM	\$67/\$84
44618	Su	9/8-10/20	11:15-11:55 AM	\$67/\$84
44613	M	9/9-10/21	3:30-4 PM	\$67/\$84
44619	M	9/9-10/21	4:05-4:35 PM	\$67/\$84
44620	Sa	10/26-12/14	9-9:40 AM	\$67/\$84
44622	Sa	10/26-12/14	10:30-11:10 AM	\$67/\$84
44633	Sa	10/26-12/14	11:15-11:55 AM	\$67/\$84
44623	Su	10/27-12/15	9-9:40 AM	\$67/\$84
44624	Su	10/27-12/15	9:45-10:25 AM	\$67/\$84
44625	Su	10/27-12/15	10:30-11:10 AM	\$67/\$84
44626	Su	10/27-12/15	11:15-11:55 AM	\$67/\$84
44627	M	10/28-12/16	4:05-4:35 PM	\$77/\$96
44632	M	10/28-12/16	3:30-4 PM	\$77/\$96
44621	Tu	10/29-12/17	4:30-5 PM	\$77/\$96
44628	Tu	10/29-12/17	5:05-5:35 PM	\$77/\$96
44634	Tu	10/29-12/17	5:40-6:10 PM	\$77/\$96
44635	W	10/30-12/18	4:05-4:35 PM	\$77/\$96
44636	Th	10/31-12/19	5:40-6:10 PM	\$67/\$84
44637	F	11/1-12/20	3:30-4 PM	\$67/\$84
44638	F	11/1-12/20	4:40-5:10 PM	\$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
44640	Tu	9/3-10/22	5:05-5:35 PM	\$77/\$96
44641	W	9/4-10/23	3:30-4 PM	\$77/\$96
44642	Th	9/5-10/24	4:30-5 PM	\$77/\$96
44643	Th	9/5-10/24	5:05-5:35 PM	\$77/\$96
44644	F	9/6-10/25	3:30-4 PM	\$77/\$96
44645	F	9/6-10/25	4:05-4:35 PM	\$77/\$96
44646	Sa	9/7-10/19	9:45-10:25 AM	\$67/\$84
44647	Sa	9/7-10/19	11:15-11:55 AM	\$67/\$84
44648	Su	9/8-10/20	9:45-10:25 AM	\$67/\$84
44649	Su	9/8-10/20	11:15-11:55 AM	\$67/\$84
44639	M	9/9-10/21	4:05-4:35 PM	\$67/\$84
44650	Sa	10/26-12/14	9:45-10:25 AM	\$67/\$84
44651	Sa	10/26-12/14	11:15-11:55 AM	\$67/\$84
44662	Sa	10/26-12/14	10:30-11:10 AM	\$67/\$84
44652	Su	10/27-12/15	9:45-10:25 AM	\$67/\$84
44653	Su	10/27-12/15	10:30-11:10 AM	\$67/\$84
44654	Su	10/27-12/15	11:15-11:55 AM	\$67/\$84
44655	M	10/28-12/16	4:05-4:35 PM	\$77/\$96
44656	Tu	10/29-12/17	5:05-5:35 PM	\$77/\$96
44657	W	10/30-12/18	3:30-4 PM	\$77/\$96
44658	Th	10/31-12/19	4:30-5 PM	\$67/\$84
44659	Th	10/31-12/19	5:05-5:35 PM	\$67/\$84
44660	F	11/1-12/20	3:30-4 PM	\$67/\$84
44661	F	11/1-12/20	4:05-4:35 PM	\$67/\$84

Strokers I

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7				M/NM
44679	W	9/4-10/23	4:05-4:35 PM	\$77/\$96
44680	Th	9/5-10/24	5:05-5:35 PM	\$77/\$96
44681	F	9/6-10/25	4:40-5:10 PM	\$77/\$96
44682	Sa	9/7-10/19	9:45-10:25 AM	\$67/\$84
44683	Su	9/8-10/20	9-9:40 AM	\$67/\$84
44684	Su	9/8-10/20	11:15-11:55 AM	\$67/\$84
44678	M	9/9-10/21	4:40-5:10 PM	\$67/\$84
44685	Sa	10/26-12/14	11:15-11:55 AM	\$67/\$84

Aquatics

44686	Su	10/27-12/15	9-9:40 AM	\$67/\$84
44687	M	10/28-12/16	4:40-5:10 PM	\$77/\$96
44688	W	10/30-12/18	4:05-4:35 PM	\$77/\$96
44689	Th	10/31-12/19	5:05-5:35 PM	\$67/\$84
44690	F	11/1-12/20	4:40-5:10 PM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Age: 4-7		M/NM		
44691	Tu	9/3-10/22	5:40-6:10 PM	\$77/\$96
44692	W	9/4-10/23	4:40-5:10 PM	\$77/\$96
44698	Th	9/5-10/24	4:30-5 PM	\$77/\$96
44694	Sa	9/7-10/19	9-9:40 AM	\$67/\$84
44695	Su	9/8-10/20	10:30-11:10 AM	\$67/\$84
44693	Sa	10/26-12/14	10:30-11:10 AM	\$67/\$84
44696	Sa	10/26-12/14	9:45-10:25 AM	\$67/\$84
44697	Su	10/27-12/15	11:15-11:55 AM	\$67/\$84
44699	Tu	10/29-12/17	5:40-6:10 PM	\$77/\$96
44700	W	10/30-12/18	4:40-5:10 PM	\$77/\$96
44701	Th	10/31-12/19	4:30-5 PM	\$67/\$84

Children/Teen Swim

We love parents... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 6+		M/NM		
44720	W	9/4-10/23	3:30-4 PM	\$70/\$88
44721	F	9/6-10/25	4:05-4:35 PM	\$70/\$88
44722	Sa	9/7-10/19	9:45-10:25 AM	\$62/\$77
44723	Sa	9/7-10/19	10:30-11:10 AM	\$62/\$77
44724	Su	9/8-10/20	10:30-11:10 AM	\$62/\$77
44725	Su	9/8-10/20	12-12:40 PM	\$62/\$77
44726	Sa	10/26-12/14	9-9:40 AM	\$62/\$77
44727	Su	10/27-12/15	10:30-11:10 AM	\$62/\$77

44728	Su	10/27-12/15	12-12:40 PM	\$62/\$77
44729	W	10/30-12/18	3:30-4 PM	\$70/\$88
44730	F	11/1-12/20	4:05-4:35 PM	\$62/\$77

Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+		M/NM		
44737	Tu	9/3-10/22	4:30-5 PM	\$70/\$88
44731	Sa	9/7-10/19	9-9:40 AM	\$62/\$77
44732	Sa	9/7-10/19	10:30-11:10 AM	\$62/\$77
44733	Su	9/8-10/20	9-9:40 AM	\$62/\$77
44734	Su	9/8-10/20	12-12:40 PM	\$62/\$77
44740	M	9/9-10/21	3:30-4 PM	\$62/\$77
44735	Sa	10/26-12/14	9:45-10:25 AM	\$62/\$77
44736	Su	10/27-12/15	9-9:40 AM	\$62/\$77
44739	Su	10/27-12/15	12-12:40 PM	\$62/\$77
44741	M	10/28-12/16	3:30-4 PM	\$70/\$88
44738	Tu	10/29-12/17	4:30-5 PM	\$70/\$88

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and will improve their stroke.

Age: 6+		M/NM		
44742	Sa	9/7-10/19	9-9:40 AM	\$62/\$77
44743	Su	9/8-10/20	9:45-10:25 AM	\$62/\$77
44744	Su	9/8-10/20	10:30-11:10 AM	\$62/\$77
44745	Su	9/8-10/20	12-12:40 PM	\$62/\$77
44746	Sa	10/26-12/14	9-9:40 AM	\$62/\$77
44747	Sa	10/26-12/14	10:30-11:10 AM	\$62/\$77
44748	Su	10/27-12/15	9-9:40 AM	\$62/\$77
44749	Su	10/27-12/15	9:45-10:25 AM	\$62/\$77
44750	Su	10/27-12/15	10:30-11:10 AM	\$62/\$77
44751	Su	10/27-12/15	12-12:40 PM	\$62/\$77



Aquatics

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 6+			M/NM
44752	Sa	9/7-10/19	10:30-11:10 AM \$62/\$77
44753	Sa	9/7-10/19	11:15-11:55 AM \$62/\$77
44754	Su	9/8-10/20	9-9:40 AM \$62/\$77
44756	Su	9/8-10/20	11:15-11:55 AM \$62/\$77
44761	Su	9/8-10/20	12-12:40 PM \$62/\$77
44755	Sa	10/26-12/14	9:45-10:25 AM \$62/\$77
44757	Sa	10/26-12/14	11:15-11:55 AM \$62/\$77
44758	Sa	10/26-12/14	9-9:40 AM \$62/\$77
44759	Su	10/27-12/15	9:45-10:25 AM \$62/\$77
44760	Su	10/27-12/15	11:15-11:55 AM \$62/\$77

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Age: 6+			M/NM
44762	Sa	9/7-10/19	9-9:40 AM \$62/\$77
44763	Sa	9/7-10/19	11:15-11:55 AM \$62/\$77
44764	Su	9/8-10/20	9-9:40 AM \$62/\$77
44765	Su	9/8-10/20	11:15-11:55 AM \$62/\$77
44767	Su	9/8-10/20	9:45-10:25 AM \$62/\$77
44766	Sa	10/26-12/14	9:45-10:25 AM \$62/\$77
44768	Sa	10/26-12/14	9-9:40 AM \$62/\$77
44772	Sa	10/26-12/14	11:15-11:55 AM \$62/\$77
44769	Su	10/27-12/15	9-9:40 AM \$62/\$77
44770	Su	10/27-12/15	9:45-10:25 AM \$62/\$77
44771	Su	10/27-12/15	12-12:40 PM \$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 6+			M/NM
44773	Sa	9/7-10/19	9:45-10:25 AM \$62/\$77
44774	Sa	9/7-10/19	11:15-11:55 AM \$62/\$77
44775	Su	9/8-10/20	9:45-10:25 AM \$62/\$77
44776	Su	9/8-10/20	10:30-11:10 AM \$62/\$77

44777	Sa	10/26-12/14	9-9:40 AM \$62/\$77
44778	Sa	10/26-12/14	10:30-11:10 AM \$62/\$77
44779	Su	10/27-12/15	9-9:40 AM \$62/\$77
44780	Su	10/27-12/15	11:15-11:55 AM \$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 6+			M/NM
44781	Sa	9/7-10/19	10:30-11:10 AM \$62/\$77
44782	Su	9/8-10/20	9-9:40 AM \$62/\$77
44783	Su	9/8-10/20	11:15-11:55 AM \$62/\$77
44784	Su	9/8-10/20	12-12:40 PM \$62/\$77
44785	Sa	10/26-12/14	10:30-11:10 AM \$62/\$77
44786	Su	10/27-12/15	10:30-11:10 AM \$62/\$77
44787	Su	10/27-12/15	12-12:40 PM \$62/\$77

Mini-Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-7			M/NM
44668	Th	9/5-10/24	5:40-6:10 PM \$77/\$96
44671	Sa	10/26-12/14	9:45-10:25 AM \$67/\$84
44669	W	10/30-12/18	4:05-4:35 PM \$77/\$96
44670	Th	10/31-12/19	5:40-6:10 PM \$67/\$84

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17			M/NM
44706	Su	9/8-10/20	12-12:45 PM \$62/\$77
44707	Su	10/27-12/15	12-12:45 PM \$62/\$77

Aquatics

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts.

Prerequisite: Youth 6 and 7

Age: 7+				M/NM
44708	Sa	9/7-10/19	9:45-10:25 AM	\$62/\$77
44709	Su	9/8-10/20	9:45-10:25 AM	\$62/\$77
44710	Su	9/8-10/20	10:30-11:10 AM	\$62/\$77
44711	Sa	10/26-12/14	11:15-11:55 AM	\$62/\$77
44712	Su	10/27-12/15	9:45-10:25 AM	\$62/\$77
44713	Su	10/27-12/15	10:30-11:10 AM	\$62/\$77
44714	Su	10/27-12/15	11:15-11:55 AM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
44531	Tu	9/3-10/22	8:20-9:05 PM	\$71/\$88
44532	W	9/4-10/23	8:35-9:20 PM	\$71/\$88
44533	Tu	10/29-12/17	8:20-9:05 PM	\$71/\$88
44534	W	10/30-12/18	8:35-9:20 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
44535	W	9/4-10/23	8:35-9:20 PM	\$71/\$88
44536	Th	9/5-10/24	8:20-9:05 PM	\$71/\$88
44537	W	10/30-12/18	8:35-9:20 PM	\$71/\$88
44538	Th	10/31-12/19	8:20-9:05 PM	\$62/\$77



Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
44539	Tu	9/3-10/22	8:20-9:05 PM	\$71/\$88
44540	Tu	10/29-12/17	8:20-9:05 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
44541	Th	9/5-10/24	8:20-9:05 PM	\$71/\$88
44542	Th	10/31-12/19	8:20-9:05 PM	\$62/\$77

Adult Water Fitness

Aqua Blast

Start your day off right with this fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+				M/NM
44545	Tu & Th	9/3-12/19	6:35-7:20 AM	\$145/\$175

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
44546	F	9/6-12/20	10:15-11 AM	\$70/\$85

Aquatics

Aqua Fitness

Enjoy a low-impact, high-intensity program designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
44549	Tu & Th	9/3-12/19	8:30-9:15 AM	\$145/\$175
44550	Tu & Th	9/3-12/19	9:15-10 AM	\$145/\$175
44547	M & W	9/4-12/18	8:30-9:15 AM	\$145/\$175
44548	W & F	9/4-12/20	8:30-9:15 AM	\$145/\$175
44551	F	9/6-12/20	8:30-9:15 AM	\$70/\$85

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
44555	W	9/4-12/18	9:15-10 AM	\$75/\$90
44554	M	9/9-12/16	9:15-10 AM	\$70/\$85

Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low-impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact.

Age: 14+				M/NM
44556	M & W	9/4-12/18	10:15-11 AM	\$145/\$175
44557	W	9/4-12/18	10:15-11 AM	\$75/\$90
44558	M	9/9-12/16	10:15-11 AM	\$70/\$85

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
44792	Th	9/5-12/19	10:15-11 AM	\$70/\$85
44559	F	9/6-12/20	9:20-10:05 AM	\$70/\$85

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
44595	Tu	9/3-12/17	10:10-10:55 AM	\$75/\$90
44597	Tu & Th	9/3-12/19	10:10-10:55 AM	\$145/\$175
44596	Th	9/5-12/19	10:10-10:55 AM	\$70/\$85

Deep Water Workout

Enjoy a class which is taught in the deep end of the South Pool. Ideal for participants who need a non-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+				M/NM
44599	Tu	9/3-12/17	7:35-8:20 PM	\$75/\$90
44600	W	9/4-12/18	9:15-10 AM	\$75/\$90
44601	Th	9/5-12/19	7:35-8:20 PM	\$70/\$85
44602	F	9/6-12/20	9:15-10 AM	\$70/\$85
44598	M	9/9-12/16	9:15-10 AM	\$70/\$85

H2O Walking

Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Class is taught in deep and shallow water. Music may be used.

Age: 15+				M/NM
44664	Tu	9/3-12/17	7:35-8:20 PM	\$75/\$90
44665	W	9/4-12/18	9:20-10:05 AM	\$75/\$90
44666	Th	9/5-12/19	7:35-8:20 PM	\$70/\$85
44667	F	9/6-12/20	9:20-10:05 AM	\$70/\$85
44663	M	9/9-12/16	9:20-10:05 AM	\$70/\$85

Aquatics

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
44702	Tu	9/3-12/17	11:10-11:55 AM	\$80/\$98
44703	Tu	9/3-12/17	9:15-10 PM	\$80/\$98
44704	Th	9/5-12/19	11:10-11:55 AM	\$75/\$92
44705	Th	9/5-12/19	9:15-10 PM	\$75/\$92

Triathlete Swim Endurance Development

These coached, structured workouts are designed to develop your endurance and technique for open water environments, with a secondary focus on developing speed. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Age: 16+				M/NM
44972	Su	9/8-10/20	7-8:30 PM	\$93/\$105

Triathlete Swim Speed Development

These coached, structured workouts are designed to develop your speed and technique in open water environments, with a secondary focus on endurance. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Age: 16+				M/NM
44971	Sa	9/7-10/19	6:30-8 PM	\$93/\$105

Triathlon Swim Clinic

Triathlon specific swim clinics are designed to develop endurance and speed with swim practice that focuses on proper breathing, stroke efficiency, technique drills, sighting, drafting, passing, mass start simulation and close contact swimming. We will also discuss open water swim tips, various start and finish tips, and learn exercises to improve core and swim-specific strength.

Age: 16+				M/NM
44715	Su	9/8-10/20	8:05-8:55 AM	\$62/\$70
44716	Su	10/27-12/15	8:05-8:55 AM	\$62/\$70

Twinges in Your Hinges

This course is designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized.

Age: 14+				M/NM
44718	Tu & Th	9/3-12/19	8:30-9:30 AM	\$163/\$203
44717	M & W	9/4-12/18	9:15-10:15 AM	\$163/\$203

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. You do not need to swim or even get your hair wet! Some swim equipment is used.

Age: 60+				M/NM
44530	Tu & Th	9/3-12/19	2:05-2:50 PM	\$70/\$87

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+				M/NM
44676	M, W & F	9/4-12/20	10:10-10:55 AM	\$103/\$129

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+				M/NM
44675	M, W & F	9/4-12/20	11:05-11:50 AM	\$103/\$129

Senior Exercise Swim

Need to stop those aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+				M/NM
44677	M & W	9/4-12/18	2:35-3:20 PM	\$70/\$87

Aquatics

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+ M/NM
44560 Tu & Th 9/3-12/19 10:10-10:55 AM \$163/\$205

Rockville Master's Swimming

Designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+ M/NM
44672 M, W & F 9/4-12/20 6:30-7:30 AM \$196/\$240
44673 M & W 9/4-12/18 6:30-7:30 AM \$147/\$182
44674 M 9/9-12/16 6:30-7:30 AM \$83/\$101

Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+ M/NM
44719 Tu 9/3-12/17 9:40-11 AM \$117/\$147



Treat your dog to an afternoon

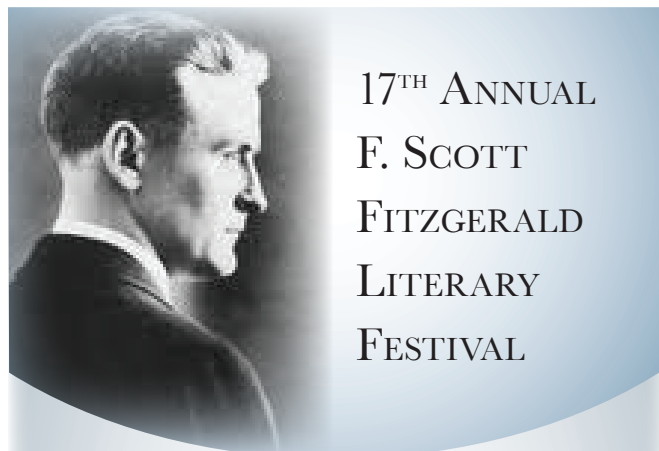
SPLASH

in the Pool!

Rockville Swim and Fitness Center

DOGGIE DIP DAY

Saturday, Sept. 14 • Noon – 4 p.m.
240-314-8650



17TH ANNUAL F. SCOTT FITZGERALD LITERARY FESTIVAL

SATURDAY, OCT. 26

Montgomery College ~ Rockville Campus

Honoring Pulitzer Prize winner for fiction, **Robert Olen Butler**, recipient of the F. Scott Fitzgerald Literary Award for Outstanding Achievement in American Literature.



- Writing class taught by Robert Olen Butler.
- Tour of "Fitzgerald's Haunts in Rockville."
- Writing workshops featuring Alan Cheuse, James Grady, Merrill Leffler and Ethelbert Miller.
- Screening of 1974 version of "The Great Gatsby."
- **Panel Discussion**
Comparing 1974 and 2013 versions of "The Great Gatsby" with film critics: Michael Dirda, Jane Horwitz, Murray Horwitz and Bob Mondello.

For detailed information visit
www.montgomerycollege.edu/fsfitzgeraldconference
or call 301-309-9461 for registration information.

Cultural Arts



Glenview Mansion Art Gallery

2ND FLOOR

SEPT. 8 - OCT. 1

Jasmine Shwufen Lee - *Photography*
C. Clem - *Photography*
Shared Vision: Coriolana Simon and
Doug Wolters - *Photography*

FREE OPENING RECEPTION

Sunday, Sept 8, 1:30-3:30 p.m.

OCT. 6 - 29

Six Women Artists - *Multimedia*

FREE OPENING RECEPTION

Sunday, Oct. 6, 1:30-3:30 p.m.

NOV. 3 - DEC. 3

Washington Watercolor Association

FREE OPENING RECEPTION

Sunday, Nov. 3, 1:30-3:30 p.m.

DEC. 8 - 27

Rockville Art League - *Varied Media*

Juried Members' Show

FREE OPENING RECEPTION

Sunday, Dec. 8, 1-4 p.m.

Gallery is wheelchair accessible. Closed on official holidays.

www.rockvillemd.gov/arts



Sunday Afternoon Concert Series

Glenview Mansion
1st Floor Conservatory

All musical performances at 2 p.m.

Sept. 8
Barbara Martin

Jazz and Blues Singer
Back by popular demand.

Oct. 6
Andrew Kraus

Piano Soloist
Brilliant player and
astonishingly versatile.

Nov. 3
Bumper Jacksons

Hot and Sweet
American Music
From the hollers of
Appalachia
to the streets of New
Orleans.

Dec. 3
The Rockville Singers

Rockville's own choral group entertains
during the Annual Holiday Open House.

Free and open to the public.
For information, call 240-314-8682

or email jfarrell@rockvillemd.gov



Cultural Arts



ROCKVILLE CHORUS
Holiday Concert
 Sunday, Dec. 15
 7:30 p.m.

Bryan Seith, *Director*
F. Scott Fitzgerald Theatre
 Rockville Civic Center Park

No tickets required; \$5 suggested donation.
 240-314-8682

Glenview Mansion

**Rockville Civic Center Park
 Holiday Open House**

Sundays
Dec. 8, 15, 22 and 29
1-4 p.m.

- Decorated Rooms
- Holiday Concerts

240-314-8660
 directions – 240-314-5004
www.rockvillemd.gov/glenview

AUDITION OPPORTUNITIES



COME SING WITH US!

Rockville Chorus

Auditions held Sept. 9

This adult chorus performs twice each year at the F. Scott Fitzgerald Theatre.

www.rockvillemd.gov/arts/chorus

To schedule an audition appointment,
 email jfarrell@rockvillemd.gov or
 call Julie at **240-314-8682**.

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the
 Mansion and formal gardens.

**Discover Rockville's Hidden Treasure
 in Rockville Civic Center Park**

Special rental discounts for
 Rockville residents and businesses.



240-314-8660

www.rockvillemd.gov/glenview
 603 Edmonston Drive

Rockville Concert Band

John Saint Amour, Director
2013 CONCERT SERIES



MUSIC THAT MOVES US!

Sunday, Oct. 20 at 3 p.m.

Celebrating great music that accompanies ballet, music theatre and traditional dances.

VIVE LA FRANCE!

Sunday, Nov. 24 at 3 p.m.

French Music and music about France

THE GREATEST GENERATION'S HOLIDAY

Sunday, Dec. 22 at 3 p.m.

Holiday music from the WWII era



No tickets required; \$5 suggested donation.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

For information: 240-314-8681

www.rockvillemd.gov/arts

Cultural Arts

Rockville Civic Ballet

Claudia Mangan, Director



"The Nutcracker"

Our ballet company will present the holiday classic that has become a Rockville tradition.

Join Clara on her magical journey!

Saturdays, Dec. 7 and 14, at 2 p.m. and 7:30 p.m.

Sundays, Dec. 8 and 15, at 2 p.m.

TICKETS:

\$17 Adults; \$13 Children (ages 12 and younger)

\$13 Senior Citizens (ages 60 and older)

GROUP RATES:

\$16.50 - 7 or more Adult tickets

\$12.50 - 10 or more Children/Senior Citizen tickets

Assigned seat tickets may be purchased in person, by telephone or by mail order from the F. Scott Fitzgerald Theatre Box Office beginning Nov. 12.

FORTICKETS: 240-314-8690

www.rockvillemd.gov/arts

Cultural Arts

F. Scott Fitzgerald Theatre

Rockville Civic Center Park

**603 Edmonston Drive,
Rockville, MD 20851**

240-314-8690

Victorian Lyric Opera Company

Utopia, Ltd. or The Flowers of Progress

Aug. 29 at 8 p.m.

Tickets: \$16-\$24

Victorian Lyric Opera Company

The 5th Great Gilbert & Sullivan Sing-Out

Aug. 30, 7 p.m.; Aug. 31, 9 a.m.; 1:30 p.m., 7 p.m.

Sept. 1, at 9 a.m.

Tickets: \$16-\$24 per block

Rockville Little Theatre

The Nerd

Sept. 27, 28, Oct. 4, 5 at 8 p.m.

Sept. 29, Oct. 6 at 2 p.m.

Tickets: \$16-\$18

Rockville Concert Band

Music That Moves Us!

Oct. 20 at 3 p.m.

No tickets required; \$5 suggested donation.

Rockville Musical Theatre

Guys & Dolls

Nov. 1, 2, 8, 9, 15, 16 at 8 p.m.

Nov. 3, 10 at 2 p.m.

Tickets: \$20-\$22

Heart of Maryland Chorus

Reality Show Mash-Up

Nov. 23 at 1 p.m.

Tickets: \$15

Washington Balalaika Society

Fall Performance

Nov. 23 at 8 p.m.

Tickets: \$25

Rockville Concert Band

Vive La France!

Nov. 24 at 3 p.m.

No tickets required; \$5 suggested donation.

Rockville Civic Ballet

The Nutcracker

Dec. 7, 14 at 2 p.m. and 7:30 p.m.

Dec. 8, 15 at 2 p.m.

Tickets: \$13-\$17

*Box Office is open
Tuesday-Saturday, 2-7 p.m.
and two hours prior
to ticketed shows.*

www.rockvillemd.gov/theatre

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

Scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year. Any remaining balance must be paid by the participant. Financial assistance must be applied for in person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Documents Needed for Financial Assistance:

Participants must provide verification of any of the following:

Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps, Medical Assistance and/or Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits. (We do not accept Medicaid cards, FARM cards or Care for Kids.)

Proof participant resides in a shelter: Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.

Proof of Rental Assistance - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.

Supplemental Security Income - Document must be dated within one year of application.

Financial assistance is available for Rockville residents, ages 19 and older, based on income. For additional information, please call 240-314-8620.

How to Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to www.rockvillemd.gov/recreation. Scroll down to online registration form and complete.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or go online at "www.rockvillemd.gov/recreation."

Online Donation Course #s

\$ 25 - #43998
\$ 50 - #43999
\$ 75 - #44000
\$100 - #44001

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above.

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

Beall ES, 451 Beall Ave. 20850

Broome Gym and Park, 751 Twinbrook Pkwy. 20851

Calvin Park, 1248 Gladstone Dr. 20851

City Hall, 111 Maryland Ave. 20850

Civic Ctr. Park, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion
- Cottage • Rec. Serv. Bldg.

College Gardens ES, 1700 Yale Pl. 20850

College Gardens Park, 615 College Pkwy. 20850

Croydon Creek Nature Ctr., 852 Avery Rd. 20851

David Scull Park, 1131 First St. 20850

Dogwood Park, 800 Monroe St. 20850

Elwood Smith Rec. Ctr., 601 Harrington Rd. 20852

Fallsmead ES, 1800 Greenplace Ter. 20854

Hillcrest Park, 1150 Crawford Dr. 20850

Julius West MS, 651 Falls Rd. 20850

Kicks Karate, 800 Pleasant Dr., Suite #140, 20850

King Farm Com. Rm., 800 Pleasant Dr., #200, 20850

King Farm Park, 401 Watkins Pond Blvd. 20850

Lakewood ES, 2534 Lindley Ter. 20850

Lincoln Park Com. Ctr., 357 Frederick Ave. 20850

Mark Twain Park, 14501 Avery Rd. 20853

MarVa Tots'n Teens, 5636 Randolph Rd. 20852

Maryvale ES/Park, 1000 First St. 20850

Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850

Meadow Hall ES, 951 Twinbrook Pkwy. 20851

Montrose Com. Ctr., 451 Congressional Ln. 20852

Monument Park, 550 Maryland Ave. 20850

Potomac Woods Park, 2276 Dunster Ln. 20854

Pump House Com. Ctr., 401 S. Horners Ln. 20850

RedGate Golf Course, 14500 Avery Rd. 20853

Richard Montgomery HS

250 Richard Montgomery Dr. 20850

Ritchie Park ES, 1514 Dunster Rd. 20854

Robert Frost MS, 9201 Scott Dr. 20850

Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851

Rock Terrace School, 390 Martins Ln. 20850

Rockville Skate Park (at Welsh Park),
355 Martins Ln. 20850

Rockville Fencing Academy, 15221 Display Ct. 20850

Rockville Senior Ctr., 1150 Carnation Dr. 20850

Rockville Swim and Fitness Center
355 Martins Ln. 20850

The Little Gym, 1071 Seven Locks Rd. 20854

Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850

Thrive Yoga, 1321-B Rockville Pk. 20852

Twinbrook ES, 5700 Ridgway Ave. 20851

Twinbrook Com. Rec. Ctr.
12920 Twinbrook Pkwy. 20851

Welsh Park, 344 Martins Ln. 20850

Woodley Gardens Park, 900 Nelson St. 20850



Phyllis Marcuccio, Mayor
Councilmembers

John F. Hall, Jr., Tom Moore,

Bridget Donnell Newton, Mark Pierzchala

Barbara B. Matthews, City Manager

Christine Henry, Acting Director of Recreation and Parks

Betsy Thompson, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities;
- Support the Rockville Youth Recreation Fund;
- Assist with fundraising, the acquisition and maintenance of new parks and open space; and
- Purchase equipment and other amenities for the City's parks and facilities.



Contributions online or mailed to:

107 W. Jefferson St.,
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Your gift, grant or promised bequest is a tax-deductible contribution.



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Emergency Weather Policy

www.rockvillemd.gov/weather.html

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation and Parks programs:

Childcare and Recreation Programs (info line)	240-314-5023
Croydon Creek Nature Center	240-314-8770
Cultural Arts Programs (info line)	240-314-5006
F. Scott Fitzgerald Theatre Box Office	240-314-8690
Events (info line)	240-314-5022
Glenview Mansion	240-314-8660
Lincoln Park Community Center	240-314-8780
Rockville Swim and Fitness Center	240-314-8750
Senior Citizen Programs	240-314-8800
Sports - League Play (info line)	240-314-5055
Twinbrook Community Recreation Center	240-314-8830
Thomas Farm Community Center	240-314-8840

Recreation Classes - Standing Policy

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled.

Swim and Fitness Center - Standing Policy

Early Bird Swim – The Swim and Fitness Center will not open for Early Bird Swim when federal employees have been advised of an “unscheduled leave policy.”

MEET

JOY PARISI

Joy is one of the first faces you see when entering City Hall on duty as a member of the Front Desk Staff Team! She is also a member of the Sports Division Team, handling sports throughout the year. Joy wears many hats for the Department of Recreation and Parks, including registration and the behind-the-scenes logistical preparation for Sports Leagues.

Joy is always willing to lend a helping hand. If you should have a question, just find Joy and she'll be happy to assist!



Keep in touch!

Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts Information Line	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center.....	240-314-5047
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration ...	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Recorded updates) ..	240-314-5022
Sports Line (Recorded updates).....	240-314-5055
Theme Park Tickets (Recorded updates) ..	240-314-5024
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center	240-314-8830
TTY (City Hall)	240-314-8137

MAIN CONTACT: *required information*Home/Cell Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Work Phone _____ * Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. '13-'14 Grade	Fee

Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____

Additional Contribution to Recreation Fund: \$ _____

Total: \$ _____

Special Needs: Participants with special needs should contact our office three weeks prior to activity.**Release, Waiver, Assumption of Risk and Consent**

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian **PAYMENT**Amount Paid \$ _____ Cash ☐ Check # _____

Exp. Date ____ / ____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo particular/celular: _____ ☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

Nombre _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '13-'14 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____
 Contribución adicional al Fondo de recreación: \$ _____
 Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.

Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor 

PAGO

Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____



Vencimiento Fecha ____/____/____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$

Four Easy Ways to Register!

Registration Begins:

- Resident/member mail, fax, walk-in, internet:
Friday, Aug. 16, 8:30 a.m.
- Nonresident/nonmember mail, fax, walk-in, internet:
Friday, Aug. 23, 8:30 a.m.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- A refund or credit can be issued for medical reasons. Requests should be submitted in writing and accompanied by a letter from your physician. The following administrative fees are charged for issuing refunds: programs/classes - \$10; childcare - \$50; senior programs - \$10; sports teams - \$100, individual players - \$10; trips - \$10. No fee will be charged when a family account is credited or if you transfer to another program. Refunds will be prorated if a program has started. Credits will be given for registrations under \$20 (exception: senior programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration



**Most convenient method.
7 days a week.**



1. Online:

www.rockvillemd.gov/recreation

click on



2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839



3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Falls Grove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851



4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

PRESORTED
STANDARD
U.S. POSTAGE PAID
Rockville, MD
Permit No. 63

ECR WSS
Current Resident

12-6 p.m.
SATURDAY, AUG. 24, 2013

ROCKVILLE TOWN SQUARE
Rain date: Aug. 25



Uncorked

Wine & Music
FESTIVAL

240-314-8620
www.rockvillemd.gov/uncorked

 City of
Rockville
Get Into It